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ABSTRACT

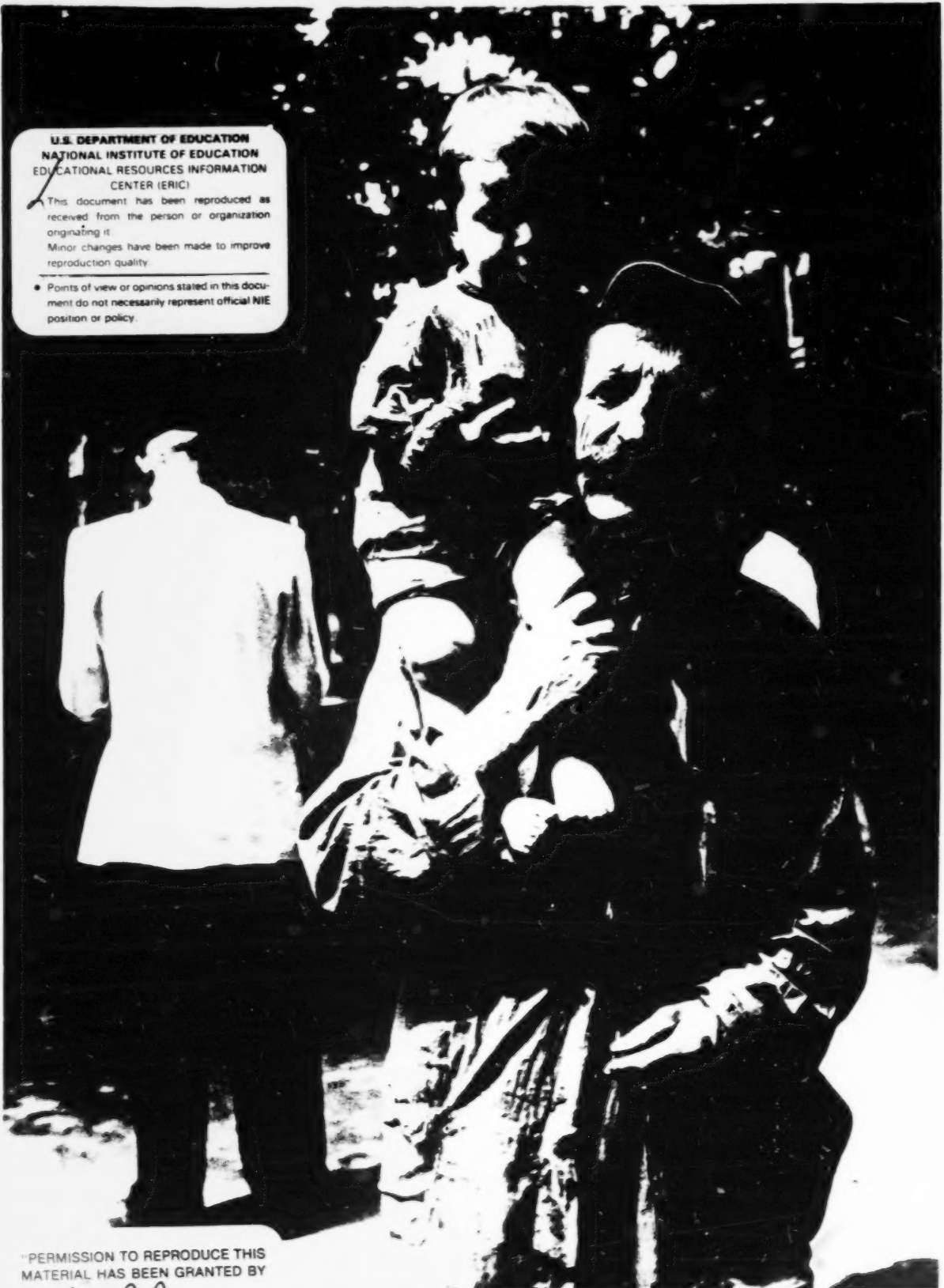
This document contains an international collection of national position papers on leisure and aging. The following papers are included in the first section: "'Active' and 'Passive' Constructs of Elderly" (Max Kaplan); "Recreation and the Aged: A Review" (Helen J. Threlfall); "The Elderly in Bolivia"; "The Elderly and Leisure in Brazilian Society"; "CP/RA National Policy--Leisure and Aging"; "Recreation and the Elderly--General Report"; "Social Welfare, Leisure and Aging in Denmark" (Inger-Lise Dyrholm); "Leisure and Aging in the Federal Republic of Germany" (Reinhard Schmitz-Scherzer and Walter Tokarski); "Recreation and Adult Education, The Case for Cooperation" (Peter R. Creevey); and "Thailand: Country Report--Leisure and Aging" (Samarng Puangbootr). The second section of the report contains papers from the United Nations World Assembly on Aging. Papers included are the following: "Excerpts from the 'Plan of Action, World Assembly on Aging'" (Willoughby Walshe); "Leisure in the Context of the World Assembly on Aging" (Binta Diallo); "Report to the Economic and Social Council of the United Nations"; "WLRA Statement of Leisure and Aging"; and "The Need for Lifelong Leisure Education" (Nelson Melendez). The final section of the report contains an international bibliography of English and German titles on leisure and aging, and an annotated bibliography of English titles on leisure, recreation, culture, and aging. (KC)

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LEISURE AND AGING AN INTERNATIONAL PERSPECTIVE

**AN INTERNATIONAL PERSPECTIVE
LEISURE AND AGING**

**A Publication Of:
THE WORLD LEISURE AND
RECREATION ASSOCIATION (WLRA)**

In Cooperation With

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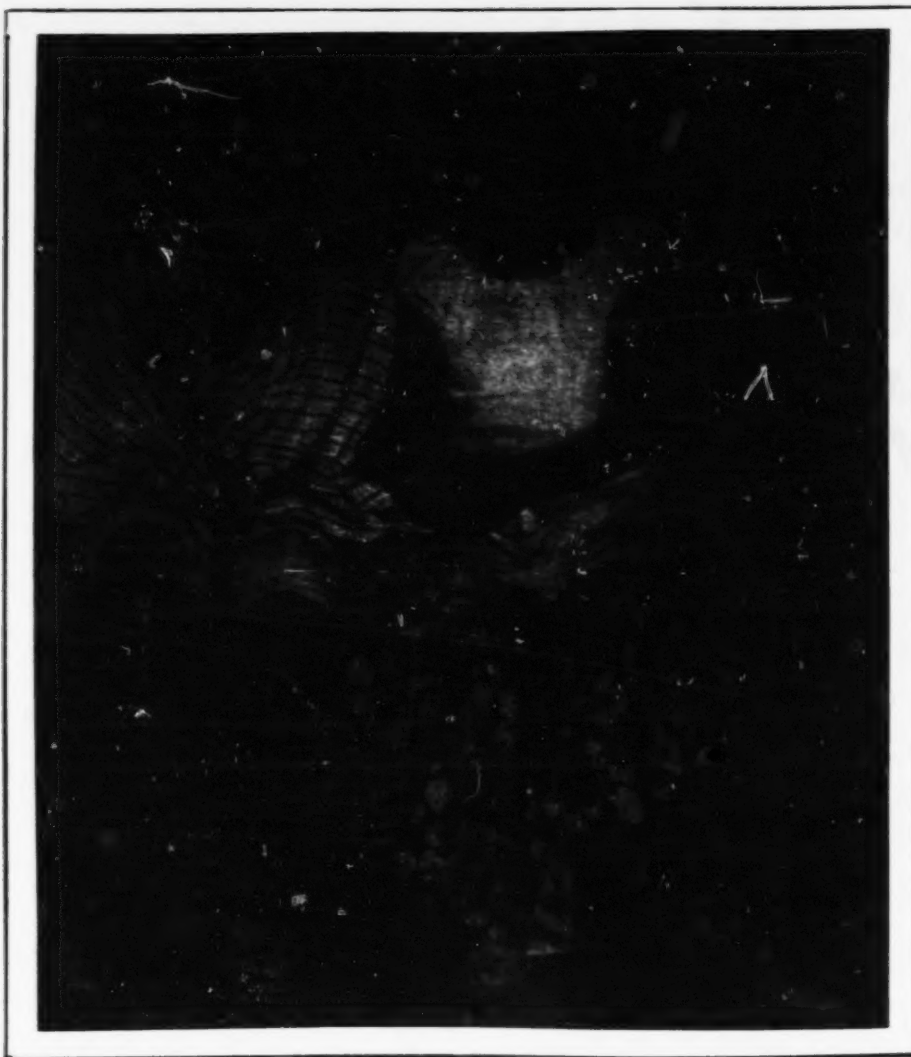
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WLRA 1983

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LEISURE AND AGING AN INTERNATIONAL PERSPECTIVE



PREPARED BY :
THE WORLD LEISURE AND RECREATION ASSOCIATION

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FOREWORD

The World Leisure and Recreation Association, sensitive to the issue of aging on a world-wide scale and consistent with the United Nations World Assembly on Aging, developed a global project on Leisure and Aging as a significant contribution to the national initiatives that may be generated in regard to the latter. The Aging Project was based on the development of national position papers which focused on leisure as an area of social and developmental concern for the aging.

The papers included data on policies, traditions, demographics, programs, and lifestyles (among other factors) effecting leisure opportunities for the aging. Nations participating in the project included: Australia, Bolivia, Brazil, Canada, Chile, Denmark, Federal Republic of Germany, Greece, Israel, Jamaica, New Zealand, Switzerland, and Thailand. On November 17, WLRA hosted a Symposium on Leisure and Aging at United Nations headquarters in New York City. The Symposium was chaired by Dr. Max Kaplan and discussion focused on leisure as an area of social concern for the aging. The participants examined national position papers which reflected the scope of leisure opportunities for the aging in various countries, reviewed the World Assembly on Aging Plan of Action, and identified issues of concern for future study. These issues included the following:

- Volunteerism as a leisure role for the aging
- The lack of international accord on the concept of leisure
- The need to foster inter-generational experiences within the leisure context
- The lack of trained professionals and volunteers to conduct leisure programs and services for the aging
- The need to further research on leisure and aging
- Consideration of cultural uniqueness and traditions when designing programs for the aging
- Participation by the aging in the design and implementation of leisure programs and services
- Lack of preparation for old age as a result of the faulty educational system since people are not prepared for old age, physically and mentally
- The impact of aging on family structures
- Consideration of different levels of socio-economic development present in different countries with regard to planning for leisure.

A final recommendation stemming from the Symposium on Leisure and Aging was the creation of an Ad Hoc Committee on Leisure and Aging to discuss the issues identified above and to offer further recommendations to the United Nations and its member states in order to further development in the broad area encompassed by leisure and aging.

The present volume contains a significant number of contributions by various national groups as well as noted professionals from an international and multi-disciplinary perspective. It is our intention to offer the reader ample opportunity to become better acquainted with the topic of leisure and aging on a global level.

Nelson Melendez

PREFACE

For no sector of the population is purposeful use of leisure time more significant than for the aging. The myriad forms of leisure activities -- volunteer work, pursuit of artistic experiences, "do-it-yourself" home projects, physical fitness and adult education programmes, to mention a few -- are essential to the physical, mental, and social well-being of older persons and to the overall quality of their lives. By promoting social interaction and development of personal potential, these activities reduce isolation, stimulate independence, and encourage productive contributions to their communities.

The Vienna International Plan of Action on Aging, unanimously approved by 120 United Nations Member States during the 1982 World Assembly on Aging, recognizes the central rôle of leisure and recreation for the aging. The plan takes into account the interdependence between the ability of older persons to participate in leisure pursuits and the provision of adequate health, housing, social welfare, income security, employment, and education services. Recommendations directly relevant to leisure issues include promotion of preventive health care and exercise programmes; co-ordination of housing and community service programmes to ensure accessibility; provision of a guaranteed minimum income; promotion of education programmes which feature the aging as teachers and transmitters of knowledge, tradition and spiritual values; improvement of older persons access to cultural and educational institutions; and involvement of the aging in the design of leisure activities.

The Plan of Action recognizes as well the responsibility of international and regional organizations, national governments and voluntary associations to develop leisure and recreational programmes targetted to the needs of the aging. Goals set forth in the Plan encompass promotion of research on the skills, expertise, knowledge, and cultural potential of the aging; establishment of teaching institutions geared to life-long learning; and co-operation in international exchange and research activities.

The work of the World Leisure and Recreation Association provides a vital input to the achievement of these goals. Through its Symposium on Leisure and Aging, it has drawn attention to leisure as a key concern for older persons. It has also promoted the exchange of information on national leisure programmes and has stimulated discussion of ways of better designing leisure services in the future. Through these contributions, the Association has made an important step in implementing the Vienna International Plan of Action on Aging.

Dr. Tarek Shuman
Under Secretary General

United Nations Assembly on Aging

Introduction

"Active" and "Passive" Constructs of Elderly:

Implications for National and International Policy

Two "ideal constructs" seem to dominate the attitude of nations and cultures toward older persons. These views are evident in social and professional relationships, in tensions between the generations, in the law, family structure and institutional symbols. An overly simple division might be that of the elderly as active and passive. More dynamic terms, now imbedded in social science theory, are developmental and disengaged. These apply both to the cultural image of what older persons really are like and simultaneously, what they should be.

In one image, the older person has "earned" his or her keep; there is no need and little possibility of mental, emotional or aesthetic growth. One "disengages" - leaves - both work and related social connections (1). This view does not deny that the elderly may still have functions to perform. Broadly and historically, this attitude image seems to be most prevalent in rural, village, pre-industrial settings.

The active or developmental image and aspiration holds that aging is a process that - in spite of the geriatric model - need not imply decay, decline or atrophy of intellectual, psychological and creative powers. The loss of the work role - itself a reflection only of cultural values and the profit-oriented economy - does not signify that on a given Monday at 9 am the retiree is less capable than on the preceeding Friday. Simple observation throughout the world shows older persons who are active in every conceivable activity, including civic volunteerism, the arts, politics and education. Finally, the developmental view holds that while the older person may choose an inactive lifestyle, the possibility of growth does not cease and alternatives for expanding, unending experiences should be provided. In general, this view would seem to be most common in the industrial and "post-industrial" societies.

In actual fact, both of these approaches to the elderly will be found in the developed and developing societies. In the United States, for instance, one of the current missions among progressive circles is to battle the "ageism" that prevails, the "systematic stereotyping of and discrimination against people because they are old, just as racism and sexism accomplish this with skin color and gender" (2).

By referring to these opposing attitudes, the active/developmental and the passive/disengagement, Max Weber's technique of "constructs" is useful for it immediately suggests that the call for an international "concept of leisure" summarized by the WLRA Committee in this volume does not exist in a cultural vacuum (3). Expanding the construct even to social scientists themselves, there are those who profess to study the elderly "objectively" and, on the other hand, those who link their studies with potential policies. Here a strange paradox can be seen for in societies where the predominant view of the elderly is "passive", let us say in the eastern European areas, the sociology is most policy-oriented; conversely, in the industrial societies where the elderly are most "active", the social scientists are the most detached from policy, positivist in their tradition! The United States and France provide such cases. In the first, during sessions of the American Gerontological Society in Boston (November, 1982), the Philadelphia Geriatric Center presented a paper, "Time Budgets of Old People: A Method Yielding New Insights on Aging". Their purpose was to view the activities of 535 subjects over 65 within 18 categories. Their carefully compiled data relate activities to environmental conditions on a four-point scale of "satisfactions". While they reach correlations that are dear to empirical scholars - for example, that older persons "like or dislike these activities with total disregard of how much time they take" - they avoid any conclusions on the significance of time as a force that shapes the lifestyle of the elderly (4).

In contrast, the French pioneer in leisure studies, Joffre Dumazedier, speaking to a world meeting on aging, noted that "Time budget studies, in spite of the fact that they are interesting, usually do not suffice to explain the meaning of phenomena, they only provide us with abstract average figures. . ." (5). His own conclusions, following a broad interpretation of both American and French data on aging, serve the purposes of policy makers far more directly than those of the Philadelphia group as he relates the leisure patterns of older persons to their participation in their working years, to family obligations, to prior occupation and other factors. He looks specifically to his well-known categories of leisure as "physical", "artistic", "practical", "intellectual" and "social", viewing leisure as a positive social force and defining it as oriented "toward the self-realization of the individual under the converging effects of the economic, social and cultural factors of industrialization".

In my own conceptualization of leisure, I would add to the notion of "self-realization" the possibility of serving the society through the inherent accumulation of skills and experiences characteristic of aging.

The middle position can be taken that just as there is a need for both "objective" and the "policy or value-oriented" scientist, so there will always be the duality in viewing aging as a "slowing down process" and, in the same society, of seeing "old age as a time of contribution to society" (as suggested in the report from Australia).

Yet, a reading of the Vienna report suggests that there is a movement toward the "active" perception of the elderly. I quote paragraph 94 on page 22 (6):

"Reference as made frequently to the contribution which older people could make, and in many cases were making, to society. The representatives who spoke on this point said that while society had a duty to maintain the elderly who were in need of support, it should not neglect the possibilities of mobilizing and benefitting from the intellectual and cultural resources of the old -- examples were given of voluntary work performed by the aging at the community level..".

If, indeed that is the trend among many nations - and we must recall the large number of third world nations on this matter - then it is important to examine some consequences of the shift from the passive or disengaged role of the older person toward the active and developmental. Several questions come to mind.

1. Does the activist's perception of the elderly lead to a positive social role after one has left work - a new role that is uniquely available to qualitative and creative growth of the person?
2. If so, does this new exposure to creative experiences in leisure suggest the possibility of significant contribution to the arts and cultural expression as a whole?
3. Does an active view of the elderly suggest a significant impact on the growing network of services to the elderly and the participation of the elderly themselves in these services?
4. Does the active approach to the elderly and aging suggest the need for a systematic way of re-using ("recycling") the accumulated experience of older persons for service to society?
5. Does the active approach to older persons have an impact on the goals, policies and implementations for services by agencies, leaders and researchers in recreation/leisure?

Each of these five issues are discussed below.

I - New Social Roles

While the disengagement attitude toward the elderly emphasizes a growing negativism, the developmental approach defines a new function after work role is concluded. This is, perhaps, clearer to readers from societies where (a) volunteerism is prevalent in such community areas as social welfare and (b) where even during the work years, leisure patterns and facilities are well developed. The positive view of retirement comes with the philosophy that work is a means, not an end.

Indeed, as I have written elsewhere:

"There is a more serious objection to the view that work ethic is our primary value or drive; it is, after all, a means. Heaven represents the end. Can work be both means and ends? This logical fallacy has been repeated endlessly, yet the paradox exists. Further, what is heaven? The fuzzy concept of heaven, accepted with little elaboration, is that in heaven there is no work and the chosen are forever free to gambol, converse, or, in Sebastian de Grazia's articulation of the Greek view of *paidia*, to be led to beauty, to the wonder of man and nature, to its contemplation and its recreation in word and song, to be serenely objective'. Let us submit a more realistic hypothesis, more in line with the evidence all around us: the primary value of mankind in industrial societies is leisure. This is what work permits and frees us to do" (7).

Given this assumption, a growing realization emerges that both longevity and retirement are triumphs of civilization and not inherently the source of social problems. Professor David Macarov of the Hebrew University of Jerusalem, a distinguished scholar of work, has reached the conclusion that a determined effort must be made at this point in history to plan consciously for the elimination of human work to the extent that technology permits (8). If this bold position is adopted as a pillar of the post-industrial society, then the retired elderly in this activist environment becomes pioneers in a social revolution that is seeping down to younger generations as well. The first major step in this direction may be the "flexitime" work/nonwork patterns that have made dramatic headcaught in American circles (9).



National concerns with new social roles for retirees are evident in such reports as New Zealand, whose 1976 Commission for UNESCO emphasizes the "lifelong process" of learning. Canada is making a determined effort to challenge old images of the elderly, especially in regard to education. Chile, every October 10th, has its Day of the Aged.

For the most part, the national reports note the environmental conditions that are confronted by attempts to help the elderly. Examples are the impact of tourism on "codes of behavior" in Greece; the short life expectancy in Bolivia; the Brazilian veneration of the work ethic; the poverty and illness of older persons in Australia and their lack of transportation; or the handicap for mobility in Israel (except for Haifa) for those who are personally free of religious limits on the Sabbath.

Denmark provides an example of a positive policy in many services and new roles for the elderly. Seniors there, we are told, "are engaged themselves in finding solutions to the problems of aging".

It would seem from these reports that new social roles - and images - for the elderly can best be addressed by a national policy. This implies the presence of a national, official body that is in a position to articulate, not only the leisure needs but also has access to the mass media and other image makers. Some nations, such as Greece, created such a national instrument as late as 1981 in preparation for the Vienna conference.

II. Creative Contribution by the Elderly

It was to the topic of education that the Vienna planners turned in addressing the general area of quality of life for the elderly.

The proposed agenda, spelled out in the Secretary General's statement of March 13, 1980, read:

"Education. The increasing rate of social and technological change and the explosion of knowledge throughout the world have resulted in the need for continuing education of people in their middle and later years and for the retraining of those workers whose skills have become obsolete in their middle years. A number of Member States, specialized agencies and non-governmental organizations emphasized that education for people in their later years increased their knowledge and skills and enable them to participate more fully in the life of their community and society. In addition they emphasized the importance of educating the general population about aging and recommended that such teaching should form part of the national and local educational programmes".

Ineed, the final Vienna report makes ample reference to educational needs and potentials, as in paragraph No. 94 on pag 22.

Many will feel that leisure is a larger concept than education. For example, the area of aesthetic experience, while distinctly related to education for all ages, is sufficiently distinct in tradition to have been treated directly by the Vienna participants. Whether we deal with the "fine" or the "folk/craft" arts, there are overlappings with education. One sociological model of the arts, considered as an institution with its characteristic roles, symbols and controls, views the four components of art as the creative, distributive, consuming and educational (10). Older persons within that model can be viewed as creators-performers (poets, composers, singers, pianists, actors); as distributors (curtain-pullers, ticketsellers, costume-makers); as consumers (concert audiences, television watchers, record purchasers); or as educators (teachers, writers, advisors, critics). As I have pointed out elsewhere, there are traditional attitudes of both the artistic and the recreational community that establish barriers for the full realization of creative potentials. Yet, I concluded, the public, starting in the 1960's, "had begun to see enormous skills, the zest, the accumulation of experience that, in spite of the hangover of 'ageism', were being ignored, wasted or under-utilized by both the productive and the cultural agencies..." (11). It is conceivable that in the course of the next half century, the elderly will follow women and other minorities in becoming a major creative force as they free themselves from the attitudes of others towards them. If a theoretical rationale is needed for such a projection, one could argue that creativity emerges, in part, from social marginality; the elderly, like other minorities, are searching for, and will eventually learn to express, their "identity".

National concerns with creativity among older persons, as reflected in the post-Vienna reports, follow the conference emphasis on education. Brazil reports 27 "open schools" in Sao Paulo; Switzerland's Pro Secentute's program for educators offers almost 1000 courses for about 40,000 older adults.

Appropriate to any discussion of educational and aesthetic leisure interests, West Germany points to the many differences among older people and observes that "It must also be remembered that few old people exploit their opportunities to the fullest degree". Among other reports as well, a minimal attendance at artistic events is noted for the elderly (12).

III. - Networks and Services to the Elderly _____

Great Britain was among the first to develop a systematic plan for the integration of cultural services. Whether the socialistic or semi-socialist states have an advantage in such efforts, is open to research; but even in the United States, with its vast array of public agencies, non-profit corporations, proprietary and cooperative plans, networks have arisen in the face of greater specialization, computerization, cost-savings and the influence of such central controls as the United Fund. It seems to be clear that the activist's attitude toward older persons confronts one major difficulty with the development of networks: that unless a specified portion of funds are allocated for services to the elderly, these are sometimes absorbed into general budgets. However, the activist's approach to older persons has compensations for the community, regional or national network: (1) networks can call on the many-sided experiences of retirees, even at levels of decision-making, (2) active-minded older persons are more vocal than others among their peers and can articulate their needs, (3) since networks, in part, grow out of the need for efficiency in community service, programmatic and administrative volunteerism by the elderly can become crucial components in the success of networks.

As to recreation, one of the first ties has been with schools, as in the joint uses of facilities. Other network patterns for leisure of the elderly include community centers, nursing homes, hospitals, libraries, theatres and other artistic agencies, churches, governmental offices, clubs and associations. International exchange of experiences can undoubtedly uncover countless combinations among these and other units of service.

National concerns with networks of services may generally be said to begin with a central national agency that keeps abreast of events and, perhaps, seeks to coordinate the many agencies that serve older populations. The office of Aging in the United States, created after the White House Conference on Aging in 1971, would assert that its assignment is not to coordinate, but to serve as a clearing center for information, to stimulate, articulate and serve in many other ways as the official liaison between the people and the Congress. Bolivia and Greece note that only in 1981 and 1982 were such national agencies created. Most of Brazil's social services are aimed at young people; transportation remains a great problem there for the elderly in rural sections. In Denmark, the national commission is exploring "cooperation and coordination between public agencies, senior citizens and planners". Chile reports the interesting metamorphosis of an agency, the Christian Youth Association, toward the needs of older persons. Greece's network of Urban Centers serves all ages, with special programs for the elderly in Athens and Salonika. Israel, still groping for a leisure philosophy, has no existing policies or infrastructure. The many Golden Age Clubs of Jamaica are helped by committees of the various parishes.

Switzerland provides an exemplary case of service networks that include educational courses by private groups, labor unions, cooperatives and high schools-with little direct participation by the government. The result is a variety of goals; the current effort is "to coordinate opportunities, particularly at the municipal level, to prevent overlapping of the offerings".

We may anticipate that the "network" philosophy will expand everywhere as a response to tighter budgets and increasing demands for services to the elderly. This may move horizontally and vertically, i. e. across agencies and across age groups. On the first, agencies that at first seem removed from the elderly, will be drawn closer to gerontology; on the second, we look for bolder attempts at intergenerational programming.

IV - Re-Use of the Elderly

With the advent of computers, it is now possible to record and evaluate the immense store house of skill and accumulated experiences of a lifetime among the older populations of the world. To this point, as far as I know, there has been no such attempt, except for a number inventories in the United States of specialists for use in wartime; these, however, covered a working group, not retirees. Such inventories could include, on the one hand, past backgrounds of persons, to note, not only skills, but also their present availability for service to the community; and on the other hand, studies of public or semi-public agencies that might have use for these highlydeveloped experiences. This plan was presented by the writer to an international session of the American Gerontological Association (Boston, November, 1982).

The remainder of this section draws upon that paper.

Leaving aside the needs of potential "sages" as persons enables us to proceed on a non-therapeutic basis, i.e., on 1). The existence of many complex issues and crises in many or all developing and industrialized societies, crying for attention by exceptional persons of experience; 2). The enormous accumulation of potentially applicable experience and wisdom, lying unrecognized and unused in millions of older persons, presently outside the social-structural system oof meaningful information, policy formulation or implementation. 3). The need for systematic attempts to develop inventories of needs and potential "sages", as well conceptual models for requisite preparation of both in a fruitful matching and evaluation.



These inventories and interactions can be conceived in geographical or social frameworks -- local, regional, national or international.

Basic to the research, before inventories are developed, is a broad view of the "sage" and his/her functions, non-scientific, if you will, but based on a cultural perspective and a realistic grounding. An attempt toward such a statement is my unpublished boo, *From Ageism to Sageism: Transformation of the Elderly*.

First, it draws historical ingredients for the concept of "sage", from traditional roles of parents, pedagogues, philosophers and prophets. Several functions for these sages are identified: as goal identifiers, analysts and planners and as "human footnotes". Groups opr areas of potential service are discussed: decision-makers, administrative implementers, community initiators and general publics. The discussion concludes with a proposal for the establishment of a series of "S and S Centers" (sages also as students), to be established on college campuses for ongoing communications among those who are selected. As necessary, further training is proposed to become an effective sage or counsellor in such private or public areas as government, business, the arts, education, welfare agencies and so on. Elements of the model already exist in such U.S. federal programs as SCORE to help small business. Since this study was not initially undertaken with an international study or structure in mind, we might now suggest several cross-cultural parameters:

1. A questionnaire could be developed for all nations, hopefully in league with non-governmental organizations related to the recent Vienna World Assembly, to obtain basic data on:

a. Numbers and proportions of annual retirees among various segments of workers or professions.

b. Data or estimates of the educational background of retirees.

c. Estimates or observations on the potential use of qualified retirees as consultants, given the characteristics of public and private structures in the culture, including attitudes toward the elderly.

d. Data on the practices of nations in the provision of educational opportunities for the elderly and degrees of willingness to pursue such plans.

e. Potential agreement for international discussions for implementing such proposals.

Such a program can easily fall victim to other priorities in the national and international network of gerontologically-related agencies, committees or commissions. Would it therefore be a refreshing development if, for a change, an international association of scholars or social scientists were to by-pass these networks and seek the collaboration of our so-called 'subjects'? If, indeed, there are 'sages' in the wings, waiting for recognition and purpose, the rational next step is to call on them, even at the beginning. Essentially, it is their proposal, not ours.

National concerns for re-use of the elderly, according to the reports of this volume, are constructive - from Australia's SPAN program to the use of many volunteers noted by Jamaica in its many Golden Age Clubs. Canada's positive valuation of the unused skills of older persons is to be noted.

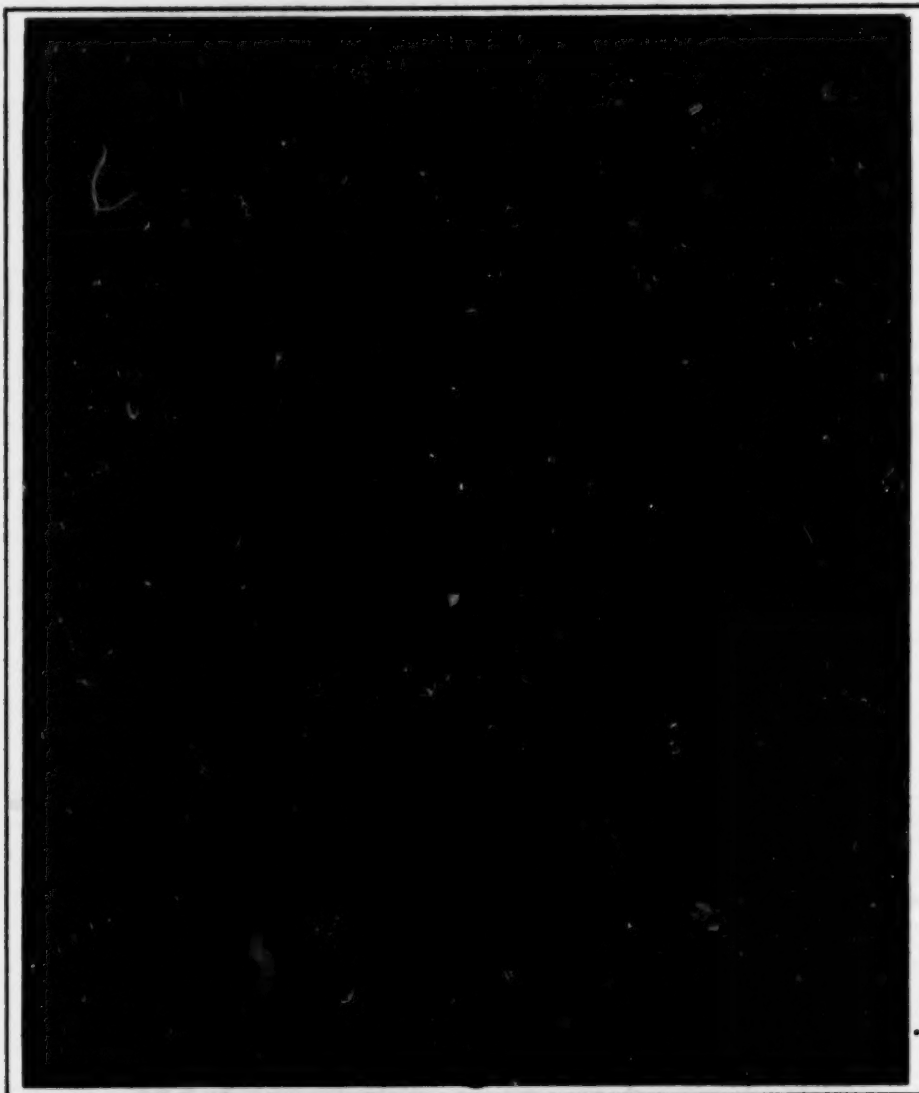
In the writer's proposal in the earlier portion of this discussion, there is recommended the establishment of "S and S Centers" (students, sages) where the skills of qualified retirees would be kept on record for potential matching with the needs of public or private agencies. One such organization already has moved in these directions in the United States - the Academy of Senior Professionals (Eckherd College, St. Petersburg, Florida). There, unusually qualified retirees arrange a variety of lectures, discussions and individual projects for themselves; some related to ongoing activities of the undergraduate college. A prospectus for 1982 announces a Resource Bank as "the basis for a Referral Service to organizations, corporations and people who seek the teaching, consulting, research or other services of Members".

From the position of leisure as a cultural force, we have in the elderly of the world a repository of folk art and folk life that should not be lost, especially in those developing cultures where, too often, the concept of "modernization" is almost exclusively associated with industry and technology. Many years ago, some African nations began concerted efforts to preserve their cultural heritage through the establishment of workshops for older experts and young apprentices. I have visited such a complex of shops in Iran, where skills were being passed on in such areas as weaving, painting, the making of fine furniture and indigenous musical instruments. Yet, such societies already have a long tradition, perhaps undergoing some changes recently, of respect for older persons. Industrial nations are guiltier of rejecting and forgetting their old.

Recreational agencies and leaders bear a special responsibility and a natural role along these lines, but, for the most part, they are in the earlier stage of "serving" the elderly by keeping them busy with little attempt to capture the drama of living history.

V. - Implications for Recreational Services

If "disengagement" (passive) and "developmental" (active) are useful terms to assess the expectations of a culture toward older persons, is it conceivable that a rough parallel might apply to leisure activities or experiences? Indeed, is there not a need to evaluate activities for the purpose of policy toward the elderly? Again, let us develop a construct for this distinction, not on the rationale of preference, but on the trend toward "modernization" among developing nations - a trend that argues well for an enlargement of opportunities for leisure time roles among older persons.



Passive leisure activities may be seen as those that fill time voids; they may, like a game or a TV show, be sufficient for the participant. Perhaps their crucial characteristic that the experience, once completed, has left the person fundamentally unchanged after the momentary satisfaction. Thus the ambition represented in such a purpose is modest, limited, quite definable, measurable; the activity itself follows well understood procedures, symbolisms and social controls. These "disengaged" activities, holistic for the moment, are in reality atomic, isolated activities, each complete in itself, rather than incremental. Something like a "season" of football or baseball are artificial calendars, artificially created and observed.

In contrast, active or developmental leisure activity moves its participant toward a goal beyond the life of the experience itself; it extends the person beyond his past essence; its impact, as in the creation of a poem or a picture, is quite undefinable, immeasurable and not guaranteed to end in a "win", "loss" or "draw". Its purpose necessitates a continuity from one experience to another, ideally, in a never ending gaining or improvement of the participant or to others (viewers, publics, friends, family). The developmental approach to leisure is associated with such terms as "self-growth", "self-actualization" or "creativity".

Given these distinctions as a heuristic basis for international use, several questions arise:

1. Does the image held by various nations and cultures tend to encourage the selection of one or another of these polarities of leisure?
2. Conversely, does the choice of one or another type of leisure experience tend to confirm and deepen the original image of the older person?
3. Is there a discernable coherence or correlation of active or passive activities with active or passive images of old persons?
4. Finally, and crucial for a national policy toward leisure of the elderly, can governments and other recreational agencies consciously develop policies to help intervene in the directions they wish to see older persons take vis a vis the quality of life for both the elderly and the society as a whole?

Given Professor Dumazedier's insight into the dynamics of leisure activities in his Dubrovnik paper and his wide range of other writings and my own extended interpretations in the volume, *Leisure: Lifestyle and Lifespan - Perspectives for Gerontology*, there is no need here to explore these issues. Again, I agree with Dumazedier in his views that "if there exist possibilities of satisfying the individual and social needs of the personality of retired people, it is through the practice of these activities and of their underlying values that these possibilities are the most numerous"(13).

That is why a report to the UN, and now to WLRA, of the activities practised by the elderly in many nations can provide us with clues as to present and needed facilities and, equally important, to the perceptions of age by older persons themselves as well as by their societies.

Finally, what may be the place of WLRA amidst all the factors of the preceding discussion?

As to the transformation of attitudes toward older persons, that is a slow process, affected by many forces and agencies in every society. Its problems are evident in the unique convulsion of a mind as brilliant as Simone de Beauvoir in her *Coming of Age*; in one chapter she can present a vivid account of negative attitudes about the elderly of many societies and epochs; in another chapter she can reveal her own insecurities and criticisms of advancing age.

However, on both the research and policy levels, WLRA can be more directly effective. The juxtaposition of both terms in its title, leisure and recreation, suggests its theoretical and applied duality of mission. The first may be realized in such instruments as its own commission on research, as well as its alignment with the research committee that, by virtue of its membership within the International Sociological Association, is scientifically oriented. If WLRA were to establish its own commission on aging, a flexible rapport could be maintained with all camps of research as well as with all national and international policy centers. Its blend could be especially useful to the developing nations as they search for a middle ground between action-without-sufficient-understanding and understanding-without-sufficient-commitment-to-action.

As good an example of the middle ground between what Gunnar Myrdal calls the theoretician and the practitioner is the recent volume by one of his countrymen, Professor Herald Swedner of the University of Gothenburg. Seeking a blend of these roles, Swedner lists eleven "requirements": description, prognostication, empathy, evaluation, consistency, value-reporting, collaboration, criticism, engagement, intervention and strategy. Given WLRA's destiny as a growing instrument of creative action within its larger framework of alliances, perhaps Swedner's comments on the seventh of his requirements is most appropriate:

"The collaboration requirement calls for the social research to collaborate intimately and on an equal footing with those local groups .. engaged in the task of solving problems .. the acceptance of the collaboration requirement indicates a radical disassociation from the tendencies of isolationism, cloistered life and ivory tower existence which so many university-employed researchers today advocate and practice. If the researcher

accepts the collaboration .. he must take an active part in all phases in the work of solving the social problems he is studying. This means frequently that he has to accept a humble and not very glamorous role, consisting mainly in systematizing and clarifying what more influential actors know and do .

Thus WLRA sits on a world-wide pinnacle, serving and reflecting both images of the elderly and both poles of the symbols of theory and practice. It is to be congratulated for taking the initiative represented in this volume as an aftermath of the UN's World Assembly on Aging; supporters of WLRA may hope that this is the beginning of a major commitment to the demographic drama and humanistic triumph that longevity implies for the entire world. The drama has still a half century to play itself out, almost the same period in time that WLRA has already served the world. We all wish it well.

Max Kaplan

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RECREATION AND THE AGED: A REVIEW

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PREFACE

Australia has a population of approximately 15 million, which is distributed through six states and two territories. A large part of the population is to be found along the south - east coast. Contrary to popular belief, Australia has always been one of the most urbanised countries in the world with at present eighty-five per cent of Australia's population living in urbanised areas with almost fifty per cent living in either Melbourne or Sydney, the respective capitals of two states, Victoria and New South Wales. Although Australia was originally settled by the British, there has been extensive immigration to Australia since 1945 which has meant that Australia is now largely a multi-cultural society with one in five of the population born overseas.

Australia has a federal system of government and the Australian Parliament and much of the bureaucracy is located in the Australian Capital Territory. The federation arose from the union of states with quite separate interests, which were due to their patterns of settlement, radiating out from a sea-port and thus developing little contact with neighbouring states. Because of this history of separate entities forming a federation which none of them particularly desired,

the federal constitution explicitly establishes competing centres of political power and authority in Australia, sharing constitutional authority between territorially divided regional and state interests (Holmes, 1977 : 9)

Although the federal constitution purports to establish areas of responsibility, in reality these are blurred between the federal government and the states. The constant competition for power, authority, responsibility and for not spending money means that some areas, in particular the welfare area, are variously identified as commonwealth, state or even local government responsibility.

This lack of clarity on areas of responsibility extends to the needs of groups such as age.

1. AUSTRALIA'S AGED POPULATION

This paper is divided into three sections, the size of the aged population, its structure in terms of such factors as sex ratios and age ranges, and finally, its socio-economic structure. These factors, in particular the socio-economic realities of the aged determine in great part the access of the aged to recreation by setting priorities for the aged and for the rest of the community.

1.1 AUSTRALIA'S AGED POPULATION: NUMBERS OF PROJECTIONS

The Australian population is an ageing one. As shown by the first release of figures from the 1981 Census conducted by the Australian Bureau of Statistics, (hereafter referred to as A.B.S.) those aged over 60 years number 2,022,917 persons or 13.8 per cent of the population. The Census, the last census for which complete figures are available, recorded 1,774,773 people or 13 per cent of the population as being over 60. Those over 65 in 1976 numbered 1,020,898 or 8.9 per cent of the population. Unfortunately the 1981 Census figures released are only broken into 10 year age groups so comparisons with the 1976 figures for those 65 and over cannot be made. In 1976 those of pensionable age (over 60 for women, over 65 for men) numbered 1,493,429 or 11 per cent of the population. As a nation be considered 'old' when more than 7 per cent of its population is of pensionable age, Australia certainly meets that criteria.

Department of Social Security. The Aged Population - Summaries of projections of Australia's Population Structure and their Implications : 1980, p ii, hereafter referred to as D.S.S., 1980:

The proportion of the total Australian population over 65 has increased at each census this century, excepting 1971, from 3.98 per cent in 1901 to 8.92 per cent in 1976. (Pollard and Pollard), 1981 : 13) There are two major sets of projections of Australia's population up till early next century. The more preferable set of projections, because of their inclusion of adjustments to the 1976 census figures, are those released by the A.B.S. in 1979 containing projections from 1978 to 2011. The projected figure for those over 60 in 1981 was 2,017,700 or only 5.217 short of the actual figure (Table 1).

Table 1.

Projected population aged 65 years and over ('000)

	Series 'A'			Series 'D'		
	Males	Females	Total	Males	Females	Total
1981	591	821	1,412	593	823	1,416
1986	649	909	1,558	665	924	1,590
1991	720	1,008	1,729	765	1,051	1,815
1996	769	1,077	1,846	853	1,157	2,010
2001	782	1,109	1,891	914	1,236	2,150
2006	814	1,159	2,973	1,002	1,340	2,342
2011	892	1,258	2,149	1,146	1,501	2,647

Notes:

(a) 1978 was the base year for these projections

(b) The figures included the effects of net overseas migration at an illustrative level of 50,000 p.a.

(c) Series 'A' projections assume adult mortality to be constant at the level for 1975-76

(d) Series 'D' projections assume a decline of 1.5 per cent a year in the 1975-76 mortality rates

Source:

Australian Bureau of Statistics 1979: Projections of the Population of the States and Territories of Australia 1978-2011. Catalogue No. 3214.0

Source:

ROWLAND, D. T. 1981, Consequences of the Ageing of Australia's Population - 65 Not Out. p. 11.

The factors which largely influence changes in the population are the fertility rate, the mortality rate and the net rate of migration. Given changes in the assumed rates of these factors, then the project population could vary from the figures above. One rate which does appear to be changing is the mortality rate. The assumption in the Series 'D' projections is that mortality rates would decline at 1.5 per cent a year since the 1975-76 rates. Recent trends from the World Health Organization indicate that there have been significant increases in life expectancy in the later part of the life cycle, thus the aged population may be rather underestimated. (D. S. S., 1980: 9).

In the 1980's the 65 - age group will grow at a rate almost double the national rate (ROWLAND, 1981: 11), then slow down in the 1990's to rise again early next century. Whether either set of projections, Series 'A' or 'D' is used, it is certain that Australia's population will contain more elderly people and in particular, due to changes in mortality rates, a proportionately greater number of old - old or of those in the 75 - age group. The next section will describe the structure of that aged population so that a clearer picture can be gained of a group which is not homogenous, although aged.

1.2 STRUCTURE OF THE AGED POPULATION

Analysis of the structure of Australia's aged population relies almost entirely on figures available from the 1976 Census as few figures are yet available from the 1981 Census. The following discussion will cover location of the aged population, characteristics such as female dominance, the increase in the 75+ age group, marital status and number of migrants.

Table 2

Location of the aged population by state or territory

	<u>New South Wales</u>	<u>Victoria</u>	<u>Queensland</u>	<u>South Australia</u>	<u>Western Australia</u>
<u>No. 60+</u>	739,339	525,703	333,467	190,423	154,516
<u>% of Total Population of State or Territory over 60:</u>					
	14.4	13.7	14.5	14.8	12.1
	<u>Tasmania</u>	<u>Northern Territory</u>	<u>Australian Capital Territory</u>	<u>ACT</u>	<u>ACT</u>
<u>No. 60+</u>	58,012	6,436	15,019		2,022,917
<u>% of Total Population of State or Territory over 60:</u>					
	13.8	5.2	6.7		13.8

Source:

Australian Bureau of Statistics, 1981

The larger states have similar percentages of their population over 60-at around 14 per cent but the Northern Territory and the Australian Capital Territory have a much smaller proportion of their population in the 60-age group. These territories have particular features which distinguish them from the larger states. The Australian Capital Territory is the administrative headquarters for the Australian government and is situated in an area remote from natural centres of population. Its population has grown greatly in the last two decades due to a large influx of people of work force age. The Northern Territory is still almost a frontier state which relies entirely on primary production and mineral extraction for its industry and which also possesses an unfavourable climate. The aboriginal population of the state, which is 27 per cent of the total, has a life expectancy rate at birth for males 4.6 years less than for the Australian average and for females 5.6 years less than the average (D.S.S., 198 : 9). The slightly higher figures (14.4 and 14.5 per cent respectively) for Queensland and New South Wales are due to internal migration by the early retired to coastal locations in warmer climates (Rowland, 1979 : 106). It is possible that South Australia's high figure is in part due to this migration and in part due to the need for young people to shift interstate for employment.

Rowland (1979) found that many of those who moved to 'select' locations on the coast were retired or middle-age pre-retired. The period studied was 1966-71 and during this period it was also observed that of those labelled as stayers: those not moving, there were higher percentages of those aged forty or more years. Thus although internal migration to coastal locations occurs, it is probably only accessible to those on better

incomes and more particularly to those in early retirement. Most older people remain in their usual place and area of residence but there is an observable drift from Sydney and Melbourne to Queensland, non-metropolitan New South Wales and small numbers to Perth, Western Australia. (Rowland 1979 : 170).

The trend of coastal migration is one facet of the pattern of settlement of the aged within the states. Within Victoria for example, there are concentration of the elderly in some coastal locations and also in the inner and middle suburbs of Melbourne, the capital city. The suburbs clearly reflect the previous urbanization pattern, with the new outer suburbs having very low proportions of their population over 60. The elderly living in the country have in the main moved to country towns so that they are closer to any support structures. Most country towns have a higher proportion of their population elderly than is the average for Australia. (Dempsey, 1981: 286). This high proportion of the population which is aged is in part due to the migration of those aged 15 - 24, in particular those aged 15 - 19 to the capital cities for job opportunities. (Rowland, 1979: 108).

One of the most notable features of the aged population is the imbalance in the sex ratios in favour of female dominance. In 1900, the proportions reflected the pioneering nature of the country over the nineteenth century (C19th) but this has changed considerably. The proportion of the female population aged 65 and over rose from 3.61 per cent in 1901 to 10.36 per cent in 1976 and for males the equivalent figures were 4.31 per cent in 1901 and 7.48 per cent in 1976. (Pollard and Pollard, 1981 : 13). In 1981 women over 60 numbered 1,134,377 while men over 60 numbered 888,540 respectively 15.5 per cent and 12.2 per cent. This increase can be largely attributed to a greater relative improvement in female mortality rates. (Pollard and Pollard, 1981:19).

One aspect of this female dominance is apparent in the figures for marital status. Unfortunately, only preliminary figures are available for marital status from the 1981 Census and they are not divided into age groups so this paper will use the 1976 figures. In the over 65 age group the proportion of males widowed ranges from 9.7 per cent at 65 to 42.4 per cent at 80 + . For females the figures are 36.5 per cent at 65 to a 75 per cent at 80 + . (Pollard and Pollard, 1981: 21). Because there are more women than men at all ages over 65 there are considerably greater numbers of women living alone than there are men living alone.

Due to the improvements in female mortality rates in particular and mortality rates in general, there are increasing numbers and proportions of the aged in the 75 and over age group.

The expansion of the proportion of elderly women living alone is the leading mechanism in the gradual ageing of the aged population, which is raising the relative numbers of the old-old - those aged 75 and over. At the 1976 Census those over 75 comprised 36 per cent of those over 65 and by 2001 the proportion should be at least 41 per cent. (Rowland, 1981: 8).

In 1976, 65 per cent of the group 75 or more were women while 36 per cent were men. Thus overall effect of the sex ratios of the aged and their marital status is that the old-old group consists largely of women living alone, while most old-old men are still living in a married situation.

Those over 65 who were born overseas numbered 295,911 or 24.4 per cent of the total population over 65 in 1976. Migrants have generally arrived at work force age

In waves, thus we are now witnessing the disproportionate ageing in the first wave of the post-war European migration in the Polish, Russian, Ukrainian, Latvian, Jewish and Lithuanian communities. The next 'wave' will be encountered in the Dutch, Italian, Greek, Yugoslav and German communities, continuing through the 1980's and 1990's into the next century. The next 'wave' of ethnic aged in the next century will be composed of the new refugee and immigrant intake over the 1970's and 1980's as Indo-Chinese, Turkish, Arabic and Spanish speaking communities. (Hearst, 1981: 11).

Of course even the newest arrivals, the Vietnamese and other South-East Asian migrants and the Hispano-Americans, already contain elderly people. Because of their small numbers and their recent arrival, many of these elderly migrants who speak little English must experience isolation, not only from their Australian neighbours but also from other elderly people of their own culture.

Thus the aged in Australia are a growing group, who will have steadily increasing proportions of those over 75 single, women and migrants. Other socio-economic and institutional factors pertaining to the aged which will contribute to an understanding of the leisure - recreational patterns of older people include: the role of work versus leisure, retirement, housing, transport and mobility, health and of course income. In an OECD report of 1979, the authors state that

ageing appears primarily as a differential social process and they ask the question - does ageing reduce or intensify the differential social status of people? (OECD, 1979: 15).

The next section will examine the socio-economic and institutional factors which may have a bearing on the opportunity of the aged to participate in recreation in Australia.

1.3 SOCIO-ECONOMIC STRUCTURE OF THE AGED POPULATION

In Australia retirement for men by age 65 and for women by 60 is the norm. By 1980 only 11.1 per cent of males 65 and over and 13.5 per cent of females 60 and over were in the work force. (Graycan, 1981: 101). There is a trend towards earlier retirement than the pension limit for example in the age group 60 - 64, 50.1 per cent of men are in the work force compared to 79.4 per cent in 1966. Although there is a trend towards early retirement, either voluntary or involuntary, there are few opportunities for a gradual transition from working full-time to being retired.

In a society which holds productive life (in a very narrow sense) to be the central economic and cultural value, old people are virtually excluded (OECD, 1979: 107).

The gradual exclusion of the older worker has occurred also for the youngest and is a reflection of the general economic climate but it is still likely to be perceived by the elderly as expressing at best lack of interest in them as workers and at worst as seeing them as redundant. This is particularly likely as new technologies mean that older workers find that they lack the skills demanded of the work force. It seems highly probable that our society which does value work in its narrowest sense so highly makes old people feel that they are in fact redundant.

The work is important, but so also is the economic benefit which work confers and this is the most obvious worry for the newly unemployed or retired. If retired or retrenched before the pension age of 65 for men or 60 for women there is the uncertainty of the unemployment benefit; after retirement there is the pension which is rigorously means-tested. Most of the retired in Australia now depend on the pension. During 1971-79 there was a 2.6 per cent per annum growth in those of pensionable age but a 6 per cent per annum growth in the number of the age pension. (Rowland, 1981: 12). In 1958 47.7 per cent of persons pensionable age received the pension but by 1978 78.2 per cent of those of pensionable age received the pension. The maximum rate of the aged pension has never exceeded 25 per cent of average weekly earnings and the Commission of Inquiry into Poverty in its 1st Main Report found that

the largest single group of people in poverty in Australia consists of those over 65 years of age. (Poverty Inquiry, 1973: 234);

less than 10 per cent of the aged had incomes that equalled or exceeded the average wage. (Kending, 1981: 86).

The increase in numbers of pensions over recent years can be in part attributed to the extension of a pension without a means test to all those over 70 and the change of the means test to one which only assesses income rather than assets and income. This tends to advantage those with large sums and property who can invest in capital gains type schemes, ensure a healthy return, yet still qualify for a full pension while pensioners with small sums yet earning interest can have their pensions reduced. This is of course but an extension of the whole Australian taxation system which works on biblical principles - to him that hath shall be given and to him that not shall be taken away. For example, a recent study of the taxation system found

a shift of the tax burden from higher to lower income earners.

More of the aged than any other age groups own their own home, 75 per cent either buying or own their own home. (Kending, 1981: 88). For those who do own their own home and can continue to live in it, the house provides a great deal of security because of its long familiarity, because it is a convertible asset and simply because the owner/s are assured of their own roof without reference to others. Aged owners are satisfied with their houses and generally happy with living in familiar areas, which because they are often inner or middle suburbs are better served for transport and other sources than are newer or coastal suburbs. Owners are more likely to be still married than renters, and fewer of them are in poverty than are renters. (Kending, 1981: 89).

Renters, who are 15 per cent of the non-institutionalised age, are worse off owners, fewer of them being married and their average incomes tending to be lower than that of owners. Rental housing on the private market is very expensive with many older renters having to pay almost half their incomes in rent. Although much rental housing and housing for boarders and lodgers is in the inner city area which is well provided with facilities and services, the cost of this housing means that most of the aged who are in poverty are so because of housing costs. Less than 10 per cent of the aged live in institutions, hostels or other special accommodation for the aged (Kending, 1981: 87). There is a lack of intermediate type care and housing between independent units and nursing home care. Australian Government policy is to heavily subsidise nursing home beds and

limit possibilities for expansion
(for hostels) (Ford, 1981 : 165).

A complete evaluation of Australia's housing policy would arrive at a number of other oddities and inequities, for example a young couple are assisted financially by the State to gain their own home while an elderly couple are given no assistance, even though the repayment can be debited against the estate.

Housing has an enormous impact on access to recreation opportunities through its impact on income, its location in relation to services and facilities and not least whether it can provide opportunities for home based recreation and leisure experiences. Access to transport also has a large impact on the recreation opportunity open to the aged.

A recent survey of chronic illness in Australia found that of the age groups 60 - 64 years, 3.4 per cent were prevented from getting about alone while this figure increased to 18.5 per cent for those over 75. (Morris, 1981 : 118). If the figures for the number who had some difficulty in getting out were considered this would be much higher. As well as difficulty because of chronic illness such as arthritis, the elderly often experience difficulty in using public transport due to design faults such as steps into buses and trams being too high. Public transport has design faults and fixed routes which can make it demanding for older people to use and they are also limited in their access to private transport. The majority of elderly households, 55 per cent did not own a car in 1968. (Morris, 1981 : 121) and only 32 per cent of those over 65 were licenced to drive a car. Of those who do have a car the use of it diminishes as age increases due to the cost of running and maintaining a car and in particular due to health problems which make driving difficult if not impossible e.g. loss of sight, slower reaction time.

Elderly Australians experience the health problems which are typical of any advanced Western society - particularly cardio-vascular degenerative conditions and of course other diseases of ageing which can best be described as multiple systems failure (Ehrlich, 1981: 105-5) Chronic illness and disability increases greatly with age and by age 75 some 65 per cent suffer from one or more chronic illnesses with 2/3 of these being significantly limited in their capacity to perform their daily tasks (Ehrlich, 1981 : 108).

Thus a broad picture of the aged in Australia would be similar to other developed Western countries in that the aged are becoming a large proportion of the population and that the age include an increasing proportion of old-old or people in the 75+ age group. Almost all those over pensionable age are retired from work and given to the importance ascribed to work, the retired tend to be seen and to see themselves either kindly as 'put out to pasture' or less kindly as redundant, useless. Their low level of income from the pension can only assist the formation and promotion of the second opinion.

The aged are the largest group living in poverty, they are the group who experience most chronic illness and they are the least mobile section of the population due to their limited access to transport. The aged are increasingly women, women who live alone and who had limited educational and recreational opportunities during the earlier part of their lives.

Despite the aged being the largest group in poverty the popular media is at present incorrectly portraying the aged as having access to large sums of money on retirement.

More than 3 million Australian are retired or within about 10 years of retirement. In effect they form one of the largest spending and potentially most electorally powerful groups within our society. (Age, 27th April, 1982).

The reality portrayed above is far different from this colourful statement. In the Australian system of single seats in Parliament a group needs geographically concentrated numbers to achieve electoral power and the aged, although represented more strongly in some areas, are spread over all electorates. Given the way political socialisation affects voting patterns it is unlikely that the aged will desert their political party of choice and vote a candidate in at Senate level, where election is by proportional representation. In fact

the lower stratum aged are unorganised and lack solidarity because most are isolated, many are lonely, they tend not to participate in voluntary associations and they have to spend most of their time trying to survive. (Wild, 1971 : 28).

It is true that many of the retired, owning their own homes, living on investments and the pension and still married are in a very comfortable situation where they feel to make decisions and choices but there are many aged people for whom living on the pension means few choices, in particular in recreation which lack priority compared to housing and health. The OECD question about whether the ageing process reduces or intensifies social and economic inequalities could be answered perhaps by the Inquiry into Poverty in Australia which found that the largest group of people in poverty in Australia area those who are over 65 years of age (60 for non-married women). (Pollard and Pollard, 1981 : 31).

The next part of the paper will describe the various recreation opportunities and facilities open to the aged and the programmes of various structures of government which have a bearing on recreation opportunities.

1. AVAILABILITY OF RECREATION OPPORTUNITIES AND FACILITIES

This section of the paper shall first describe the involvement of Federal and State Governments in recreation for the aged directly and indirectly through various policies and programmes, then using Victoria as an example for the other states, focuses on other levels of provision of recreation opportunities. A further section shall comment on the accessibility of programmes and perceptions of their effectiveness.

2.1 FEDERAL AND STATE GOVERNMENT INVOLVEMENT IN RECREATION FOR THE AGED

In Australia there is minimal involvement of the Federal level of government in recreation, despite a strong commitment to elitist sport e.g., National Sports Institute in Canberra and financial support of international venues and facilities. Other areas of federal involvement such as pension levels have already been mentioned in the first part and found wanting in not allowing a sufficient level of security and income for many aged.

All Australian states have either a department or part of a department with special responsibility for recreation development. However, these departments generally centre their interests upon physical recreation for younger people and the resources devoted to recreation for the aged are negligible or non-existent, in spite of the relative proportion of aged persons in the population and the clear needs of aged persons. A perusal of annual reports by the various departments bears out the contention that most resources are devoted to youth and to physical recreation.

The annual Report of the National Fitness Council for Sport and Recreation (a part of the Department of Welfare Services) from Queensland in 1981 mentions one programme of ballroom dancing for the visually handicapped elderly and a seminar on activities for the frail elderly. The New South Wales Department of Sport and Recreation runs some exercise and swimming programmes and camps for the elderly. South Australia has an Over 50's Activities programme which runs a variety of activities for the elderly. In Tasmania there is a Retired Senior Volunteers Programme which allows elderly people to engage in voluntary activity but which is co-ordinated and directed not by the elderly but by professional staff. The States may have other programmes of a recreational nature for example, some programmes in nursing homes and hospitals run by occupational therapists or activity officers but it would still be accurate to say that the expenditure by the states on recreation for the aged is disproportionate to their numbers.

The next section of the paper will examine recreational provision for the aged in Victoria. A recent list of Victorian State Government Human Service Programmes contains a table of programmes for the aged which lists seventeen programmes of which fifteen are provided by the Health Department, one by the Housing Department and one by the Department of Youth, Sport and Recreation. Of course some of the programmes run by the Health Department may be recreational in nature but these figures do indicate that services for the aged tend to be delivered, (the word is used advisedly) in a medical model.

The Department of Youth, Sport and Recreation has one fulltime Recreation Officer for Older Adults and has funded two officers to work part-time at the municipal level. The Recreation Officer for Older Adults has a consultative and advocacy role vis a vis the aged in recreation which involves contact with many organisations, state departments and municipalities. The Officer has also organised seminars, publicity material, recreation programmes and co-ordinates an association of recreation workers with older adults.

2.2. RECREATION OPPORTUNITIES AT THE LOCAL LEVEL

Many of the State government health programmes are simply funding for programmes run at a local government level, for example the hot meals subsidy, the home help subsidy and the senior citizens centres maintenance subsidy. The senior citizens centres are regarded in much the same way as the pension in 1900 -they are considered the provision of recreation facilities for the elderly as the pension was considered the solution to poverty in old age in 1900. Almost every municipality has a senior citizens centre, some have more than one. In Victoria there are over 300 centres across 211 municipalities with 50,000 regular users. The centres which operate under Health Department rules are largely restricted to senior citizens; by Health Department definition, those over 60 years or as mooted at present, over 55 years. The programmes of activities at these centres which are run by committees elected from club members vary little from centre to centre. About half of the centres offer a hot midday meal (Monday to Friday) which means that more people are likely to attend the centre and some offer extra services such as chiropody. The basic programme of activities consist of bingo, billiards, cards, bowls, community singing, tea and biscuits. Some centres develop craft groups musical performing groups and other activities but almost all centres follow a weekly timetable which goes something like this - Monday, community singing, Tuesday, cards Thursday, bowls, Saturday night, dance.

Through joint funding from the State Department of Youth Sport and Recreation and the local council two municipalities, Essendon and Hawthorn, in Melbourne are involved in a recreation programme for the elderly staffed by a part-time officer. These programmes aim to involve the elderly in planning for recreation at a local level, and to develop alternative recreation opportunities for the elderly. Activities in these programmes include exercise groups, swimming classes, walking groups, craft classes, drama classes, discussion groups, planning meetings and work on projects such as trails in a local park, involvement in reading in local schools and collecting local history. An objective of these programmes is to change some of the attitudes held about the aged and their abilities by other aged groups in the community.

Many other local Councils have taken up the municipal welfare officer for the elderly subsidy and some of these officers work in recreation as well as welfare. Most of the officers work in welfare areas and casework but some become involved in recreation through senior citizens centres. Local councils often provide some assistance in transport for the elderly, usually through a mini-bus system which variously operates on a phone in system or on a fixed route.

The western area of Melbourne has an officer working full-time for the aged on the Western Region Council on the Ageing. Although this officer does much welfare work she is also responsible for liaison with a large number of senior citizens clubs and promotes a variety of activities for the centres and clubs. She is also responsible for an annual Western Region Festival for the Ageing.

Many of the recreation opportunities and facilities which are available in a community are available in theory at least to the aged. These include indoor sporting and leisure centres, sporting clubs such as bowls, croquet, football, cricket, craft groups and cassettes, neighbourhood and community centres. They also include various charitable organisations and auxiliaries, which are frequently almost entirely run by older women. In a survey by the Australian Bureau of Statistics in 1975 of Leisure Activities away from Home there are some indications of the recreation activities most common for the 60 and over age group. Women 60 and over have the highest attendance of any age group or of either sex at organisation meetings. Older men and women both tend to participate in sport, attend entertainment, engage in water activities and do other general recreation activities less than younger persons, except for meetings of organisations. Interestingly, over 36 per cent of people in the survey said there was some leisure activity in which they were interested but could not participate because of reasons such as not enough time, facilities not available, or too expensive. Most of these popular but not participated in activities, were outdoor or sporting activities. The recent success of swimming and exercise programmes for older people may suggest that older people although not currently participating in physical activities may like to, given suitable conditions.

Home based recreation activities are important for older people, for example reading, gardening and home crafts. Almost all municipalities have library but the extent of library services varies from a basic book borrowing service to extended services such as large print books, housebound book service, cassettes of books and music and other activities. Municipalities vary greatly in the extent of their services for recreation for the elderly but most urban municipalities would provide a senior citizens centre, a library and the usual range of voluntary clubs and organisations.

In one inner Melbourne municipality, Northcote, The Brotherhood of St. Laurence a large non-government welfare agency, has established a programme which provides an alternative model of working with older people. The Span project, as it is called, is based in a suburban house and was originally staffed by three workers who were funded for three years. The overall aim of the project was to involve older people creatively in the community so that their skills and potential could be realised. The operation of this project which takes place at a local level, takes cognisance of the limitations on mobility of older people outlined in Part 1 and also acknowledges that for most people the most comfortable zone for recreation activities is close to home. The project has now moved to the stage where it is managed by the older people themselves, through a house committee. Activities conducted within the programme include the formation of a home handyman service for pensioners run by retired people, involvement of older people with the local schools, both through activities at the house and in the schools, and craft groups at the house. This project will be discussed further later in the paper.

2.3 OTHER ORGANISATIONS OF AND FOR THE AGED.

An important body which represents the views of the aged is the Australian Council on the Ageing. The Victorian Section is the Victorian Council on the Ageing which is a voluntary organisation incorporated under the Companies Act, concerned with the care and welfare of all aged people in Victoria. Many senior citizens clubs and regional organisations are affiliates. Although much of its work is concerned with welfare the council has in the last year appointed a projects officer, who among other activities is organising films for the aged which will develop into a film library on resource for groups of older people to use both for entertainment, information and discussion purposes.

There are a number of organisations which represent older people and have some recreational component in their activities. Three such organisations in Victoria are the Combined Pensioners Association (C.P.A.), an affiliate of the Australian Pensioners Federation (A.P.F.), the Early Planning for Retirement Association (E.P.R.A.), and the Australian Retired Persons Association (A.R.P.A.). The C.P.A. sees its main role as lobbying for pensioners rights and it has 140 branches with over 10,000 members. Although pensioners rights are the main issue for the Association most branches organise guest speakers and the occasional entertainment or outing. Some branches are more energetic and have musical groups or other activities. The A.P.F. publishes a twice monthly newspaper called "The Australian Pensioner" which contains many articles of relevance to recreation.

The Early Planning for Retirement Association started in Victoria about ten years ago in the Camberwell area. There are now nineteen (19) suburban groups as well as the parent association. The parent association focuses on retirement planning activities, seminars and courses while the suburban groups perform the same role on a local scale but also contain a large number of activities group. Some suburbs could list ten to twenty activity groups, others two. The subjects for the activities are varied and the Association provides much scope for individuals looking for others who wish to share an interest e.g. travel, painting or book discussion.

The Australian Retired Persons Association acts largely as a consultative body for those who retire on superannuation benefits. The Association is also involved in retirement planning (the E.P.R.A.) for companies which provide the service for their employees. The Association also publishes a newspaper - "Prime Time" which like "Australian Pensioner" deals with many matters of recreational interest, in particular travel articles, gardening, hobbies.

Churches provide a recreation opportunity to their older members through their visiting services and friendship clubs. These clubs are usually held once weekly or twice monthly and all follow a similar format. The club is usually held in the church hall with volunteers from the church to drive the frail elderly to the hall and to help with morning tea and lunch if that is supplied. Craft activities, chatting to other people and listening to an occasional guest speaker is the norm. The clubs provide an activity for the fit elderly as volunteers and for the frail elderly as participants. Few clubs fail to make this distinction between staff and members. There are a number of other voluntary and community organisations which provide recreation programmes and activities for the aged. Two of these are the School for Seniors run by the Wesley Church and the Coolabah Day Centre run by Brotherhood of St. Laurence. Both provide a welcoming environment and a range of activities which can be undertaken.

The Council of Adult Education whose brief is to provide access to continuing education for adults who have left formal schooling runs a series called the Over 60's Forum. The series is considerably cheaper than their regular courses which cover a wide range of topics from philosophy to permaculture. Older people in particular women, constitute a great number of the students in the general courses and the over 60's course is very popular.

2.4. RECREATION AND THE INSTITUTIONALISED AGED

Six to ten per cent of the Aged (Kending, 1981: 87) are in some form of institutional care and the provision of government assistance means that most of these are in private nursing homes. Some nursing homes have occupational therapists who can provide some activity for their aged residents. In Victoria a larger geriatric hospital and nursing homes, Mount Royal, has employed a Recreation Officer, partly funded by the Department of Youth, Sport and Recreation and partly by the hospital, through the Hospitals and Charities Commission. The Commission appears to be eliminating its commitment but the position will probably continue funded from other hospital sources. The position has been established for 1 1/2 years and in that time has enabled many of the residents of the nursing home to participate in recreation, both within the hospital and outside, which were previously denied to them. A large home for the aged run by the Jewish Community, the Montefiore Homes also employs a Recreation Officer. As mentioned above, many hospitals and nursing homes do have staff such as occupational therapists but the balance of programmes is therapeutic rather than recreational, due to the demands on the time of the staff, limited funding for recreation and the medical model of patient care which limits freedom of choice and opportunity to choose, both essential ingredients of a recreation experience.

2.5. AGED MIGRANTS AND RECREATION

The availability of recreation opportunities and facilities for aged migrants is an increasingly important subject for recreation planners given the numbers of migrant and the expected growth in the older age groups. The loss of work may be more traumatic than usual for migrant aged because of the few opportunities which must for social and occupational activity where the ethnic language is the one used. Problems which exist for groups attempting to set up social and recreational activities include financial problems, difficulty for older migrants in using public transport and the different culturally approved activities for males and females. The migrant groups which have been able to provide more social and recreational facilities for their aged migrants are those who have been in Australia longest and those which constitute the largest groups. These include the Greek, Italian and Jewish migrant communities. Another problem for migrant groups in developing social/recreational facilities for their aged is the often expressed opinion of other Australians that all groups

should mix together, not form separate groups. This tends to ignore the realities of human needs and behavior, especially the need to be able to communicate with friends and give expression to meaningful relationships through social and recreational activities. Some senior citizens clubs and centres, which tend to be dominated by people of Anglo-Saxon or Anglo-Celtic descent do encourage joint activities with aged migrant groups but the generally inflexible nature of these clubs and centres is a bar to much real communication.

2.6. CITY VERSUS COUNTRY: THE IMPORTANCE OF THE COMMUNITY

As with any age group the recreation opportunities that are available in ones' own home and local area, through contact with family, friends and neighbours, is the most important by time allocation and by meaning to the individual. The extent to which home and community recreation can be accessible to the aged depends a great deal on socio-economic factors as is discussed in Part 1 and on social factors such as the relative isolation or status of the aged. In this regard, a difference is apparent between the aged who live in the country and those who live in the city.

Although 8.5 per cent of Australians live in urbanised areas there are many living in small towns in rural areas and the aged in these towns experience a different availability of recreation facilities and opportunities from that obtained in the main cities. Country towns have a higher than average number of old people, due to migration to the cities for jobs as outlined in Part 1. Most Australian cities have a pattern of middle-aged hegemony, where the middle-aged have the greatest access to resources and control of organisations but in country towns the aged because of their numbers, resources and time are frequently found in the mainstream of the community. (Dempsey, 1981: 288). Because country towns need support to be going they welcome the involvement of their older residents. Nevertheless the position for the aged is not ideal in a country town:

frugality is the order of the
day for many. Dempsey, 1981: 298.

and those without kin locally, and few friends may be in a difficult situation where managing becomes much more important than questions about recreation. Recreation opportunities and facilities may in fact be irrelevant for many when

aged pensioners struggled to live
marginally above the poverty line in
the late 1970's but have fallen further
below the poverty line since last year.
'Age', p. 3, 8th July, 1982.

3. RELATIONS BETWEEN PROGRAMMES AND SOCIO-ECONOMIC FACTORS

The two earlier parts of this paper described the aged population and the availability of recreation opportunities and facilities for the aged. To summarise briefly, the aged number over ten per cent of the population and because they are increasingly longlived are likely to become a larger proportion of the population in future. The old-old sector of the population is largely composed of women, often widowed and living alone. The old-old are likely to suffer from chronic and debilitating illness which restricts their mobility. Despite after living in inner suburban areas which are those best services, both with transport and other facilities, the elderly may experience isolation as a result of widowhood and/or urban change. Many inner urban areas in the capital cities are experiencing high rates of increase in property values and a shift of working class population out to the suburbs as investors sell their rental properties. This, and the natural process of ageing and death means that the aged can become isolated.

The aged are the largest group living in poverty and of those in such a situation many are living in fairly insecure circumstances as renters, boarders. For example, the average weekly earnings of those in the work force are currently \$320.26 per week while the single pension is \$74.15 per week.

Part 2 covered the main recreation opportunities and facilities available to the aged, concentrating on opportunities in the State of Victoria. This part of the paper will not simply match the information in Part 1 with that in Part 2 because that will not necessarily assist in understanding the nature of access to recreation, especially

as socio-economic data on users of particular programmes is not generally available. Thus this part of the paper will attempt to define access to recreation for the aged and place recreation for the aged in the context of the socio-economic situation of the aged in broad terms.

3.1. ACCES TO RECREATION

Access to recreation programmes is not necessarily access to recreation. On the contrary, many recreation opportunities derive from the situation of the individual, where and how the individual lives and their network of friends and family. For the aged, access also depends to a great extent on the expectations held by others of the interests and abilities of the aged. The perceptions of the aged held by society and how these are reflected in recreation programming will be discussed further in Part 4.

Access to recreation must depend primarily on the socio-economic situation of the individual and this has been described in Part 1; many of the aged are poor, many have to be very careful with their income to avoid poverty and some maintain the position of relative affluence. To generalize from the situation of the elderly in country town.

(the) elderly do not appear to be
as well off materially as middleaged
members of the community....
frugality is the order of the day
for many. Dempsey, 1981 :298.

The need for frugality and the extent of poverty are largely due to the policies of the Federal Government.

There is little doubt that the effect
of government policies has been to
assist an ever-increasing proportion
of the Australian aged community, but
at the expense of not alleviating poverty
among the aged. Dixon, 1981 : 80.

Other areas of Federal Government responsibility which directly affect the access of the aged to recreation are housing and health policy. For the poorest of the aged, lack of good affordable housing is the primary reason for their poverty:

Housing alternatives could be extended
by the provision of more hostels and
more benefits for families caring for
dependent aged (also) home maintenance
and other programmes for aged owners.

Satisfactory housing means access to recreation is improved directly - through opportunities for home-based recreation and indirectly through the sense of security which it (satisfactory housing) engenders. The health policy of the government which means that most financial support goes to nursing homes rather than alternatives curtails the access to recreation of those aged who are institutionalised. Recreation programmes could be developed in nursing homes but they won't remove the bureaucratic and financial necessities that go with homes and hospitals, such as the need for all meals to be served in one working shift and for the easy solution of providing a lounge with a T.V. as the only rooms for socialising and for visitors.

The policies of the Federal Government on the income level of the aged, housing and health are not the only impact it has on the access of the aged to recreation. The Federal Government has set national priorities in recreation which reflect the worst stereotyping of recreation and sport. Federal funds only go to the specialised sporting facilities and a sports institute which serve elite of young sports people. Of course the aged are not the only group to suffer from this selective approach to funding for recreation.

3.2. CHOISE IN RECREATION

One of the main elements of recreation is choice, the ability and the opportunity to choose. For many of the aged in Australia the ability to choose in recreation is curtailed because of their poor financial, health or transport situations. Their opportunity to choose is further curtailed by the paucity of choices open to older people in recreation.

One of the reasons for the lack of choice in recreation is the scale at which recreation provision is made. As detailed in Part 1, many of the aged live in the older, inner and middle suburbs which are currently areas experiencing rapid urban renewal. This process leads to dislocation and isolation for the elderly as old neighbourhoods change, as old friends die or move to nursing homes and as new large centres appear. Because of their financial, health and transport situation the aged live their daily lives in a small neighbourhood, and often do not look beyond it for their recreation needs to be met. Span, the project described in Part 2 is an example of a programme which is appropriately scaled. It is based in a typical suburban house in an inner suburb and it builds on the relationships that exist in a local neighbourhood.

Much of the provision of recreation opportunities in new developments is in the form of large leisure or community centres which sell space, time and/or activities. These are usually designed to service a large area, a population of at least 1000 people and adopt a marketing approach to leisure. They are of two general types, one which focuses on physical activities and another which offers a range of different art and craft classes. The centres which are for active pursuits, and contain for example swimming pools, squash courts and gymnasiums are almost exclusively used by the young who are attracted by their glossy supermarket approach.

The craft and community centres tend to attract more users who are in the older age groups but these centres can be daunting. Because they are so large and have budgets to meet, both types of centres can be priced beyond the resources of pensioners. A greater bar to the involvement of the aged than cost is inappropriate programming which means that participants in a programme can go to the programme and not learn the other participants names, not find a familiar face there and in particular not find anyone their own age present. The trend for individual packaged programmes at the leisure centres may be enjoyed by young people with time-tables to live by but they don't meet needs for socialisation and companionship.

The reverse of this situation is time for much programming for the aged - a blanket approach to programming along the lines of sedentary pursuits which do not acknowledge individual differences and which aim primarily to encourage the aged to get together and chat. This approach denies the individuality of the aged and the fact that they still have the same likes and dislikes as in their youth and that many are physically capable of a wide range of pursuits.

Thus the ability and opportunity of the aged to choose in recreation are restricted by factors such as income level and access to transport opportunities.

4. PERCEPTIONS OF PROGRAMME EFFECTIVENESS

Recreation for the aged is a fairly new field in Australia, partly because formal recreation planning itself is fairly new and partly because senior citizens centres have been seen as the appropriate method of provision for meeting the social and recreational needs of the aged. Because it is so recent this section of the paper cannot rely on definitive data about programmes and their effectiveness.

This section of the paper shall attempt to place various programmes in the context of their perceptions of the aged. For this purpose some varying models of these perceptions are suggested. These include the model which sees the aged as limited by their age, as wanting to enjoy sedentary pursuits with others of their age group. Another model could be that which assumes that the aged are only elder adults: they retain many of the preferences and abilities of their earlier years rather than take on a new mode appropriate to old age and retirement. Yet another is that which sees the aged as a group, which although having seemingly unlimited leisure time are not only capable of, but looking for ways to contribute to society in a work-like fashion.

4.1. AGE AS A SLOWING-DOWN PROCESS.

This view of the aged can be derived from observation of the more traditional forms of recreation provision for the aged. The senior citizen centres and clubs, with their firm repudiation of other age groups, their limited and repetitive programming, and their emphasis on sedentary pursuits certainly suggest an ossification and withdrawal process. Almost all members are passive recipients of programming decisions made by the committee members who are themselves aged. In this regard, senior citizens centres do allow the aged to make programming decisions, while friendship clubs whose members tend to be older, even over 80 years old are mainly organised by the church volunteers rather than the aged themselves.

Most hospitals and nursing homes assume this model is appropriate for their aged residents. Although there have been some changes recently, for example in the major nursing home and geriatric hospital in Melbourne, the Mount Royal; most offer their residents very passive interests, such as television which provides for no role beyond that of observer. Very few decisions in hospitals and nursing homes, even those about recreation are made by the aged.

Despite this style of recreation programme, emphasising old age as a time of limited abilities, the quiet activities it offers does appeal to some people, with 50,000 people a week using the senior citizens centres in Victoria. Many of these people may be happy if the centres offered a more varied programme but find it reassuring to be able to engage in activities with people at a 'slowed-down' pace.

The main bars to providing more flexible programming in these centres while still allowing their users the reassurance of not being expected to keep up with twenty-year olds are the rules for their operation set down by the Health Commission. When (and if) the recommendations of the Domiciliary Care Services Report of 1978 are implemented, some of these bars may be lifted. The recommendations which will assist to open up the centres so that they become more activity centres than private clubs include lowering the age level to 55 years, changing to committee structure to include community and Council representation and allowing other groups to use the centres.

4.2. THE AGED AS OLDER ADULTS

The involvement of the State Departments of Recreation with the aged tends to be predicated on an assumption that the aged are like all adults in that they have a range of preferences but that they are limited in their access to recreation and expression of these preferences by the factors discussed in Part 1 and by the way services, opportunities and facilities are organised. They assume that the aged are adults, just older, and that therefore they should have access to a range of opportunities in recreation as other age groups do.

This has meant that programmes have been devised on a segregated basis in non-segregated facilities so that swimming or exercising is available to older people in Victoria. These are being organised in many municipalities due to the success of those activities in the municipal pilot projects and due to the advocacy and assistance of the State Department of Youth, Sport and Recreation. By running the programmes in leisure centres of the supermarket model other age groups are exposed to the aged engaged in physical activity and this will contribute to the lessening of stereotyped views of the aged.

The programmes have also included such alternative recreational opportunities as camping and drama workshops which the participants have found very rewarding. The fit aged really appreciate the chance to participate with others in activities which had appeared to be confined to youth.

4.3. RETIREMENT: OLD AGE AS A TIME OF CONTRIBUTION TO SOCIETY

Another important aspect of the way in which the aged are regarded, and regard themselves is in their work role, or more particularly lack of a work role. Compulsory retirement and an emphasis on work which remunerates the worker in the traditional monetary sense has meant a loss of status for the aged on retirement.

Retirement has not affected older women to the same extent as men because many women now of pensionable age did not work outside the home so that retirement is not a reality. Instead they gradually change their activities as less demands are made on them by families.

The Span project in Northcote is an example of a programme which sees older people as having a great potential to contribute to society. As described in Part 2 the elements of the programme build on the skills and abilities of the aged in project with the community. The programme emphasises bringing age groups together rather than segregating them and having the aged in the role of resource, not target, for the community. The programmes described in Part. 4.1. often have a component whereby the school children entertain old people: Span turns this around and has older people assisting school children learn to read or do woodwork. There is a place for older people to be entertained but when all cross-age contact is predicated on the assumption that the aged are those acted upon, rather than the actors, the aged are justified in feeling that their negative self-image is warranted.

There are other programmes where the potential of old people to contribute to society is acknowledged and developed. They are welcomed by the participants because of this acknowledgement and because they offer a process, rather than a weekly session. All three broad types of programmes have some validity for some older people but none of them is the most effective recreation programme for the aged. The aged have a range of human needs including companionship, to be entertained, to develop personally through leisure and work and to be able to contribute to society. Most traditional programmes have emphasised needs such as companionship and entertainment while ignoring needs to achieve, to contribute to society and to engage in physical. The next section of the paper will draw together the four sections of the paper into some proposals and recommendations to increase the recreation opportunities of the aged.

5. GENERAL NEEDS FOR PROGRAMMES AND PROPOSALS FOR FUTURE ACTIVITY

Major changes are warranted in relation to the treatment of Australia's ageing population. The most obvious and needed change to increase recreation opportunity of the aged is for them to be guaranteed an adequate and secure income. Others include a reappraisal of ageing, a change from the health-care model of programmes for the aged, a de-segregation of community recreation and a change in attitudes held in society about ageing. Recreation planning and programming has to take cognisance of the scale at which recreation is available to the elderly.

5.1. AN ADEQUATE AND SECURE INCOME

The material in Part 2 established that those who rely entirely on the pension, in particular those who are renters, boarders or lodgers are experiencing poverty. Being in poverty reduces recreation opportunity most obviously by the simple lack of money but also reduces opportunity by imposing the constant need for frugality. As well as the low level of the pension there is for those pensioners with small sums invested the

(constant) fear of having pension entitlements taken away. 'Age'10th

July, 1982.

The current concern in some quarters at expense which the pension system imposes on the tax payer would be more appropriately directed to the establishment of an adequate pension level and a tax system which shares the tax burden more equitably.

By ensuring that the aged do have - by right - an adequate level of income the government could assist in setting the groundwork for a change in society's perceptions of old age.

5.2. A CRITICAL RE-APPRAISAL OF AGEING AND RECREATION

A re-appraisal of concepts concerning ageing and the role recreation plays in old age is necessary for those who work with the aged and in recreation. General community attitudes towards the aged and recreation need to change also before access to recreation can improve for the aged.

The most difficult aspect of the issue of ageing is that it is not only the youth of society who deny ageing but also the aged themselves. They have absorbed concepts of old age so that many

wish to avoid identifying themselves
as 'old' in the terms by which that
status is socially defined. Russell,

1981: 207.

The aged perceive themselves as the young person they were, they feel the same to themselves. As De Beauvoir says:

Old age. From a distance you take
it to be an institution; but they are
all young, these people who suddenly
find they are old when I read in
print Simone De Beauvoir, it is a
young woman they are telling me about, and
who happens to be me. De Beauvoir, 1964:

672.

This conflicts with the image society holds of them, and the reality of their situation which includes compulsory retirement, a lower income, the increased chance of poor health. It also conflicts with how they and society define old age - a time of increasing frailty and dependence and few opportunities to fulfill meaningful roles in society - segregated places such as senior citizens clubs.

A re-appraisal of old age then depends to an extent on changes such as an adequate and secure income, adequate and satisfactory housing, access to transport and to health care systems that do not segregate and stigmatize the aged and also on changes in the attitudes of the society to old age. The socio-economic factors have been discussed earlier and are central to a change in attitudes but also depend on that change.

One for the ways negative self-image is fostered in the aged is the lack of meaningful work role. This may not always be a problem for older women whose families gradually make fewer demands on them and for whom loneliness comes later when so many are widows and alone for years after the death of their spouse. For many men and women, though, the lack of status accorded them by society is directly related to the fact that they do not have a job in a society which classifies and defines people by their work status.

Recreation programmes which assist the aged to define projects and roles which allow them to use their skills in the community could assist in overcoming this view of old age. The retirement process could be altered so that it becomes much more voluntary and so that it can be more of a gradual process. Although many jobs have changed so that those who began work forty years previously are disadvantaged in the work - place these people still retain skills which can be of great use to others. A problem with programmes that build on the skills of a group working on a community project is that control of the project is removed from the group.

This is a criticism of some volunteer type programmes which slot the aged volunteers into roles organised for them rather than develop projects with them - on the basis of their skills and interests. The projects or programmes which can allow the aged to re-appraise their worth are multifarious and although they may not be seen by some as reaction in a narrow sense can mean a reassessment of the status of the aged in the eyes of the aged and of the community.

A re-appraisal of recreation is necessary in that many of the aged and of the community think that the aged have unlimited leisure time, therefore they will have no problems with developing social and recreational interests. It is not only the young who say how lucky the aged are to have all that spare time and that lovely new senior citizens centre. The lack of real recreation opportunity is not perceived because a life style in which recreation was important was not developed and because time is linked with leisure.

A re-appraisal of ageing and recreation would lead to changes in the health model of recreation for the aged, in the scale of planning in the access of the aged to community recreation facilities and opportunities and towards planning for the aged which advocate a range of opportunities, rather than a centre, or a type of programme.

5.3. THE TRADITIONAL HEALTH MODEL OF RECREATION

The aged are not the only group to have things organised 'that are good for them' - witness the 'Life be in it' compaign; but a great deal of provision for the aged in institutions in particular is therapy rather than recreation.

Although the institutionalised aged are a small percentage of the total aged, they are a group which is almost completely lacking in recreation opportunities and choices. Most hospitals and nursing homes offer occupational therapy but this is not recreation or leisure. While hospitals and nursing homes continue to be organised for administrative convenience - all meals served in one staff shift for example, and all decisions referred to 'the doctor' for final arbitration, it will continue to be difficult to develop recreation opportunities for the institutionalised aged. There are other limitations of recreation programmes in these institutions such as lack of resources in staff, materials and transport, due to the low priority accorded to recreation in a medical system.

5.4. SCALE IN PLANNING FOR RECREATION FOR THE AGED

This was touched on briefly in Part 3 and has implications for other groups besides the aged. As mentioned in Part 3, most recreation needs are met not by institutionalised recreation but by the contacts of the individual within the local area and network of friends and family and neighbours. This is especially true for the aged because of lack of access to transport.

Successful programmes for the aged, such as Span, build on local communities, neighbourhood scale, rather than municipal scale:

four-fifths (80%) of Spanners live
within 2 km. of the house. Hamilton-

Smith, 1981: 9.

In contrast with this scale most senior citizens centres are supposed to serve a municipality.

The importance of scale is illustrated in community organisation which obtains in a country town where:

members of both sexes are expected
to be active in community affairs.

Dempsey, 1981: 288.

The aged in the country town are more likely to be found in the organisations, maintaining the level of responsibility they attained in middle-age. Although one of the reasons for their position is the number of young people who move away to the city, the accumulated skills and wisdom of the aged are valued.

5.5. ACCESS TO COMMUNITY RECREATION

Although changes in income levels and community attitudes to the aged will increase the access of the aged to recreation, there is still a need for recreation planning and programming to become aware of the aged and their recreation needs.

On a Federal Government level, planners are limited to catering for the needs of the elite sports participants but at State Government level, there is more interest in planning for the recreation needs of the aged. At state government level, the departments can advocate and encourage other providers to recognise the needs of the aged and can use funding incentives and even dis-incentives to do this. The Victorian Department of Youth Sport and Recreation is for example very involved in conveying more positive images of the elderly and advocating through various committees and other contacts the benefits for the aged and the recreation field in planning for the aged.

All community recreation services and facilities need to plan and provide for the needs of the aged. Most sporting associations at the moment only provide a passive spectator or perhaps committee role to their older members rather than develop a range of competitions. The Athletics Federation in Australia does organise veterans competition but not many sports have gone this far. Community leisure and recreation centres also need to examine their structures and charges as the aged are not the only group disadvantaged by their impersonal programming, emphasis on youth and high charges.

A major part of local community assistance towards meeting the needs of the aged could be through a re-evaluation of the local transport system. The usual local systems - mini-buses - are not an ideal solution because of poor availability, inflexibility of routes and clear identifiability as the bus for the aged. An adequate transport system is beyond the scope of local government but they can put local needs to State and Federal levels of government and also endeavour in the local area to meet the needs of the aged through a small scale local transport initiatives.

5.6. CONCLUSIONS

There is no set formula or prescription for a recreation programme which meets the needs of the aged and increases the access of the aged to recreation. Access to recreation for the aged is dependent to a great extent on the wider attitudinal, social and political content in which ageing and recreation occur.

Although there is no set formula, some recommendations for programmes are made. These include, the importance of scale, the need to contribute and the need for individual skills, interests and preferences to be acknowledged.

Greater changes, in the political system, society and attitudes are necessary as pre-conditions to real access to recreation for the aged. If ageing is not to continue to increase the inequalities in society, then the recommended changes in the status of the aged as a group must occur.

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THE ELDERLY IN BOLIVIA

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INTRODUCTION

Bolivian society is a multicultural phenomenon composed of diverse ethno-cultural groups, in which a variety of characteristics, social aspirations and cultural preferences are intermingled.

Although there are no defined typologies or stratified classifications, Bolivian society is generally considered as being composed of three principal groups. It should be clearly understood, however, that the cultural characteristics of each are not mutually exclusive: rather, a high degree of interdependence exists between social groups and sectors.

This situation gives rise to various levels of duality, generating an interdependence among opposite or incompatible principles which leads to friction and contradiction between the lifestyles of the different groups and social strata.

The first group, composed of native Bolivians, adheres to socio-religious values, emphasizing community life and social interchange. The indigenous Bolivian guards the prestige of his extended family and social group very closely; at the same time, though, the interactive roles of life and the needs of his immediate family result in individualistic behavior.

The cholos or mestizos are an evolving cultural group, regarded as a hybrid synthesis of native Bolivians and those of Hispanic origin. Immediately noticeable are the facts that this group is matriarchal, shunned by Bolivians of Hispanic origin, and often socially restless owing to the lack of an integrating value system.

This societal group demonstrated a virtual inversion of indigenous values, since in this case the social area predominates over the religious in every aspect of behavior.

All the activities of this group, including religious ones, are geared to achieving those social objectives and criteria that will most rapidly assimilate it with the Hispanic group, and equally rapidly separate it from its indigenous culture and ancestry.

The third group is the Hispanic sector, which has inherited western standards and norms. This is essentially the organized group that dominates city life.

A salient characteristic is that it is organized along the lines of economic, religious, socio-political and cultural transmission processes of Europe and the United States.

The fundamental structure and format of this societal group lies in levels of leadership and a progression in society, with standards and behavior patterns typical of an urban society.

Added to this, Bolivia's geographical situation has resulted in a marked socio-spatial heterogeneity. Its topography, varying from the high mountains of the Andes chain to the tropics of the Santa Cruz plains, comprises three geographic zones: the high plateau, 3,000 to 4,000 meters in altitude; the temperate valleys of this plateau at 2,600 meters, and the plains, with their tropical climate and lush vegetation, at 500 to 2,000 meters.

The geographic zones of Bolivia, then, exercise great influence upon the lives of the inhabitants and their socio-ethnic and cultural characteristics.

BOLIVIA: GENERAL INFORMATION

Bolivia occupies an area of 1,098,581 square kilometers and has a population of 5,599,592. To the north and east its borders meet those Brazil; to the southwest, Paraguay; to the south, Argentina, and Peru to the west.

It lies between the 69°38' and 57°26' meridians, longitud W., and between the 9°38' and 22°53' parallels, latitud S.

Bolivia gained independence on August 6, 1825.

The City of Sucre is the Constitutional Capital of the Republic, while the Seat of Government is in the City of La Paz. The Bolivian flag comprises three horizontal stripes in red (upper), yellow (middle) and green (lower).

The currency in use is the Bolivian peso (\$bs). From October 27, 1972 until November 30, 1979 the official rate of exchange with the North American dollar was \$bs 44.00, but the dollar floats on the parallel market, and sometimes goes as high as \$bs 90.00.

There is freedom of religion in Bolivia; the majority of the people profess the Roman Catholic faith. The official language of the country has been Spanish until recently, when both Quechua and Aymara were also declared official languages.

The political administration of Bolivia is divided into nine departments, which are in turn divided into provinces and cantons.

The economy of the country is based on mining; currently, the energy resources of petroleum and gas are being exploited.

The aging have not hitherto posed a serious problem for Bolivia, since this sector represents a fairly small percentage of the total population -- perhaps because the life expectancy for Bolivians is between 47 and 55 years.

The majority of the population is young, and few people live to be seventy or older.

Population growth has been stable and relatively high. Around 1975, for example, the global population growth was 6.7%, and such changes as are now apparent may be due to the utilization of indicators that reflect theoretically relevant factors such as educational level, ethno-cultural background, quality of life, and the participation of women in the work force and economic activities.

Infant mortality is one of the most serious health problems, particularly in rural areas, where families have eight or nine children of whom only three or four survive.

The average age is increasing very slowly in Bolivia, and thus does not pose a problem demanding attention at either government or private levels:

According to data published by CELADE, Bolivia occupies the penultimate place by percentage, with 5.21% in the over-60 age group in 1980, and projections of 5.03% and 5.89% for the years 1999 and 2025 respectively.

Progress has been achieved in the area of life expectancy, as demonstrated by the fact that in recent years it has risen from the 42 years expected just a few decades ago, and will probably gradually continue doing so, particularly given the increase in preventive health care and environmental hygiene.

One reason for the high mortality rates is found to be the internal migration of the population, especially taking into account movements from the high plateau to the tropics and vice versa. These are unfavorable for many reasons, since the various geographical zones exhibit differences in climate, food, customs and other characteristics.

According to available research and studies that have been performed, moreover, the population over the age of 60 is composed of a greater proportion of women than men: we find widows from 30 years of age, while there are no correspondingly youthful widowers.

Perhaps this fact can be attributed to the "machismo" that exists throughout Latin America, where men, in an effort to demonstrate that they are the dominant and stronger sex, tend to abuse their health and indulge in social behavior that exhausts them physically and emotionally, resulting in premature death.

The charts on the following pages serve to illustrate the statements made above.

ILLUSTRATION No.1

Bolivia: Total population by province and province capitals, according to years and density

Province And Capitals	<u>1976</u> Total 1/ Population	<u>1976</u> Density (Inbts/Km2)	<u>1980</u> Total Population	<u>1980</u> Density (Inbts/Km2)
National Total	4,613,486	4.20	5,599,592	5.10
Capitals	1,429,937	..	1,657,793	..
Chuquisaca	358,516	6.96	435,147	8.45
Sucre	63,625	..	68,426	..
La Paz	1,465,979	10.93	1,778,230	13.27
La Paz	635,283	..	719,780	..
Cochabamba	720,952	12.96	875,051	15.73
Cochabamba	204,684	..	236,564	..
Oruro	310,409	5.79	376,757	7.03
Oruro	124,213	..	138,379	..
Potisi	657,743	5.56	798,331	6.75
Potosi	77,397	..	84,148	..
Tarija	187,204	4.98	227,217	6.04
Tarija	38,916	..	44,076	..
Santa Cruz	710,724	1.92	862,637	2.33
Santa Cruz de la Sierra	254,682	..	330,635	..
Beni	168,367	0.79	204,355	0.96
Trinidad	27,487	..	31,519	..
Pando	34,493	0.54	41,867	0.66
Cobija	3,650	..	4,266	..

Source: National Statistics Institute
Department of Social Statistics

1/ Population nominally counted in the census

ILLUSTRATION No.2

Colivia: Total Population by age groups according to years and sex

Age groups	1976 1/			1980 (e)		
	Total	Men	Women	Total	Men	Women
Total:	4,613,486	2,276,029	2,337,457	5,599,592	2,762,321	2,837,271
0-4	733,590	369,737	363,853	958,106	483,030	475,076
5-9	633,909	319,725	314,184	782,578	391,090	391,488
10-14	545,832	280,699	265,133	671,196	334,258	226,938
15-19	496,556	247,639	248,917	576,390	286,254	290,136
20-24	407,948	198,700	209,248	492,992	243,458	249,534
25-29	343,195	167,060	176,135	414,649	203,302	211,347
30-34	272,667	133,708	138,959	351,293	172,189	179,104
35-39	242,268	115,616	126,652	287,404	140,717	146,687
40-44	194,741	93,457	101,284	240,697	116,545	124,152
45-49	196,327	95,821	100,506	208,095	100,551	107,544
50-54	142,061	67,142	74,919	179,545	87,122	92,423
55-59	111,679	53,346	58,333	143,572	68,864	74,708
60-64	99,013	45,980	53,033	108,978	51,331	57,647
65-69	68,353	31,634	36,719	82,275	38,287	43,988
70-74	47,881	20,569	27,312	54,092	24,616	29,476
75-79	32,618	15,072	17,546	31,645	14,049	17,596
80 and over	44,848	20,124	24,724	16,085	6,658	9,427

Source: National Statistics Institute
Departament of Social Statistics

ILLUSTRATION No.3

Bolivia: Projected population in principal cities (1980) *

City	Province	Inhabitan City	Province	Inhabitan
La Paz	La Paz	719,780	Tarija	44,076
Santa Cruz de la Sierra	Santa Cruz	330,635	Montero	40,307
Cochabamba	Cochabamba	236,564	Trinidad	31,519
Oruro	Oruro	138,379	Llallagua	27,823
Potosi	Potosi	84,148	Camiri	23,690
Sucre	Chuquisaca	68,426	Quillacollo	21,650
			Cochabamba	

Source: National Statistics Institute
Department of Social Statistics**ILLUSTRATION No.16**

Bolivia: Demographic indicators (e)

Indicators	
Total Population	5,599,592
Population of Active Age (15-64 yrs old)	2,967,479
Women of Child-Bearing Age (15-49 yrs old)	1,295,436
Dependency Index (per 1000)	877.10
Masculine Index (per 100 women)	97.10
Median Age of Total Population (yrs)	13.19
Growth Rate (per 100)	2.64
Gross Birth Rate (per 1000)	44.43
Gross Mortality Rate	16.68
Gross Infant Mortality Rate (Urban and Rural)	130.00
Global Fertility Rate	6.32
Life-Expectancy For Newborn Males (yrs)	47.51
Life-Expectancy For Newborn Females (hrs)	51.98
Life-Expectancy For Newborns of Both Sexes (yrs)	49.69

Source: National Statistics Institute
Department of Social Statistics * per 1000

For some years, research in Bolivia has been conducted into all the sciences and various other fields, with an emphasis on studies to further national development, the sciences and culture; and much importance has, of late, been attached to gerontological research.

In 1981 a research program known as the PRO-AGING CAMPAIGN: "ADOPT A GRANDMOTHER" was instigated, with the general objective of ensuring the physical and emotional well-being of elderly women living in old-age homes in the City of La Paz. This was conducted with the cooperation of the President's Social Action Bureau, the Disertantes group, the Families of Good Will group, and the Army Volunteers for Social Action (V.A.S.E.).

The National Office of the Aging was founded in 1982 as a department of the President's Social Action Bureau to oversee old-age homes and to take care of the elderly in general. This area was formerly administered by the Ministry of Women.

Government programs to assist the elderly are organized by this new Office. There now exist nineteen old-age homes in Bolivia, including both private and government-run establishments. They are distributed as follows:

La Paz:	four homes
Sucre:	Three homes
Cochabamba:	two homes
Tarija:	two homes
Santa Cruz:	two homes
Oruro:	one home
Potosi:	one home
Pando:	one home
Beni:	one homes

There are three other homes in different provinces. 1,800 elderly people of both sexes are lodged in the nineteen homes.

The current Bolivian Social Security Code stipulates that people are entitled to collect an old-age pension when they reach the age of 55, in the case of women, and 60 in the case of men.

It is estimated that there are about 200,000 elderly people in the country as a whole, the majority of whom live with their families or close relatives. This natural phenomenon is due to the sentimentality that characterizes the Latin American disposition, so that grandparents and great-grandparents are cared for within the family circle.

All the old-age homes in the country, whether private or state run, are scrutinized by the Office of the Aging to ensure the physical, emotional, material and corporal well-being of their inhabitants. The budget for this work is equivalent of \$bs 35.00 per elderly person per day.

The Office of the Aging has established two types of program, Supportive and Promotional:

a) The Supportive Program supervises the care and maintenance of the nineteen homes listed above, and ensures the well-being of the elderly with regard to their health, clothing, diet, facilities, etc.

b) The Promotional Program encourages the formation of groups of elderly people in the various city zones, and the creation of Multiple Activity Centers for the aging, where crafts, weaving, embroidery and cultural/educational activities are fostered, and recreational activities are now being initiated. Unfortunately there is so far insufficient personnel to collaborate in these activities -- indeed, there exists only a limited number of persons with adequate training to ensure their success in doing so.

A third program is being developed for the second half of 1982. This will be the Occupational Program, through which less elderly senior citizens will be able to spend their time engaging in an activity for which they have demonstrated the greatest ability or talent.

These programs are provided exclusively for the sector of the population aged 60 or over.

An additional program will be established on elderly mendicants, a problem of lesser proportions since there is such a small percentage of elderly people in the country.

All Bolivian old-age homes and programs for the elderly receive economic subsidies from the National Office of the Aging, a department of the President's Social Action Program, and they are also supervised indirectly. For this reason, no special report is available on non-government programs.

The most urgent needs and priorities may be arranged in the following order according to the realities of the country:

- a) Formation of fully trained personnel
- b) Economic resources to improve the homes
- c) Financing to develop research programs in the field of gerontology, to accumulate knowledge

about this sector of the population, and to find appropriate solutions to its problems.

The United Nations should set up a plan of strategies and policies regarding elderly people in Latin America. It is also necessary to establish and quantify knowledge on living conditions for the over-60 sector of the population and to take the necessary steps towards finding a solution to the multiplicity of situations experienced by the various groups and sub-groups of this sector.

And increase in the average age of the population is inevitable, and brings with it a problem of socio-economic development for every country in the world. Measures must be taken and adjustments made in the economy, planning, strategies and societal changes to lay the groundwork and guard against being caught unprepared.

**THE ELDERLY AND LEISURE
IN
BRAZILIAN SOCIETY**



**Social Service for Commerce
(SESC)
Sao Paulo, Brazil**

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I THE SOCIAL SITUATION OF THE ELDERLY

In Latin America, Brazil occupies a unique position, both in terms of population as well as size. A country with the dimensions of a continent - 8,511,965 square kilometers - it occupies 47% of South America, reaching from the Equator to the Tropic of Capricorn, thus being one of the largest nations in the world.

In the last few years, Brazil has boasted, without doubt, the highest economic growth among all South American countries. However, this economic development has not brought about an immediate decrease in social problems, which means that Brazil continues to be a country of great contrasts and contradictions, where the level of development is well below its potential greatness.

The marked difference between the norther-northeastern region and the southern region represents one of these tremendous contrasts. In the former region, an economy of agricultural subsistence predominates, while in the south the level of industrialization reminds one of a highly developed country. In the state of Sao Paulo, for example, the income per capita corresponds to twice average income for the rest of the country. This region has benefitted from the familiar process of capitalistic concentration, joining men and capital in zones of intense production. But the regional contrasts also have a cyclic history, in which each region reached a peak in terms of importance during a particular period. Thus, the north and northeast never went beyond the urban and economic structures of the colonial period, which to this growth in population has taken place in urban areas, especially in the south and southeast.

The Brazilian age pyramid shows a high percentage of young people: 50.46% under the age of 20, compared with 5.9% over 60 years of age. Nonetheless, in the last two decades there has been a considerable increase in the number of elderly persons, with projections indicating a rise to 7.3% by the end of the century, which corresponds to 13,563,331 persons. The life span, which for males today is 61 years and 65 for females, should reach 71 and 75 years respectively by the year 2000.

SOCIAL EXCLUSION

Social questions concerning the elderly have become more critical in the past few years. These matters have already called the attention of innumerable professional groups, social institutions and governmental agencies; however, effective action in terms of organized policy has been relatively limited.

At the same time, in recent years various forms and measures of promotion and assistance for the elderly have appeared. Unfortunately, these initiatives have not been accompanied by research or studies on a solid scientific basis.

Most Brazilian documents and literary works dealing with this subject are constructed on the basis of limited personal experiences and observations rather than detailed studies. Furthermore, this matter becomes even more complicated if we take into consideration the extraordinary territorial extension of Brazil and the cultural diversity of the various regions, which make it difficult to make valid generalizations for the entire country. For example, certain traits that characterize the social situation of the elderly are present in all parts of the country, but the rate and intensity are not always the same.

The levels of development, urbanization and industrialization are decisive conditions when determining social problems, and from this point of view, Brazil presents very diverse situations. Nevertheless, the process of accelerated development, specific in certain regions, and its influence on the ways of life in the majority of urban centers, have created special situations for the elderly people in these centers and even for those in less developed regions. For this reason, the urban centers in the most highly developed regions can be used as an example that will certainly become common as development progresses.

In 1976, social experts from every state that had programs of assistance to the elderly made a diagnostic study of the situation of this age group in Brazil. In this study, the conclusion was reached that there exists a general tendency to exclude elderly people from society, resulting from socio-cultural conditioning that leads members of the community to consider old people as less important elements of society.

Indeed, Brazilian society lends more importance to the training and adapting of the younger age groups, which present social problems that are continually increasing. All of this contributes to explain why so little attention is given to the problems of adjustment and the precarious conditions in which the elderly live.

The phenomena of industrialization and urbanization introduced social changes that affected the family structure. Rodrigues commented on this in 1979:

The traditional Brazilian family had patriarchal characteristics; it was large and hierarchichal, with everyone subordinated to the authoritarian power of the father. He was the chief, boss, judge, political leader, minister and, above all advisor due to his wisdom and experience.

Around this trunk of the patriarchal family, there lived and worked several smaller families, composed of children, grandchildren, younger brothers and sisters, nephews and nieces, persons entrusted to

the care of the family, and slaves. All depended on the head of the family. In this type of family structure, elderly members enjoyed a place of importance. All important decisions were made after first consulting the older members, who, because of their experience, frequently had the last word. This type of family no longer exists in Brazil, for this was a characteristic of an agrarian, patriarchal structure that began to weaken with the abolition of slavery and the proclamation of the republic, and which finally ended with the socio-economic crisis in 1929.*

The entire country, however, suffered the impact of the haphazard process of industrialization and urbanization after World War II, a process which was aggravated by internal migrations. It was at this time that the nuclear family, consisting of the husband, wife and children, substituted the extended, complex family of earlier days.

Even though there has not been a complete rupture between generations, it could be said that the contact between families is less frequent than before, due to working conditions, distances and difficult means of transportation in large urban conglomerations. This new situation, a result of the socio-economic transformations, along with scientific processes that have lengthened life expectancy, has encouraged the origin of "solitary couples" - retired couples condemned to live the rest of their days being largely ignored by a world which no longer understands.

In the pre-industrial period, the elderly were generally well integrated into the social group as a whole, and particularly into a family that protected and helped them. In return, they collaborated and helped as much as possible, taking care of the children and doing part of the household tasks. Besides this, there was a natural integration, a continuous adaptation of man to this social environment, to nature and to time itself, due to the slow pace of transformations in society.

However, in the industrial society, whose essential objective is to produce, there is only room for those who, one way or another, fit into the production circuit. Everything depends on criteria of participation in the labor market, also affected by industrialization and urbanization.

In the same way, cultural models and values were transformed at both the social level and the level of individual behavior. Cultural values fixed over the years, reinforced by the myth of "Brazil, A Young Country", praised the potential of young people, in detriment of the middle-aged older classes, which became synonyms of non-productiveness and decadence. In fact, Brazil witnesses today a reaction to the previous model of society, a type of gerontocracy that prevailed until recently. During the time that this system was in effect, the simple condition of being old gave the elderly members of society a position of absolute authority over the younger generations. As a reaction to the traditional system, power and prestige systematically tend to flow to the new generations. Thus, one can find, in several sectors of society, the existence of a certain antagonism between generations. This antagonism produces unfavorable consequences in terms of the access that the elderly have to positions of prestige.

The lack of preparation in a child who will become an adult and eventually reach old age is another grave aspect of the present situation. It is true the forms of facing old age change, but what is especially evident in large urban centers is a self-rejection of persons who become old. Studies carried out in Brazil (Diagnostic Studies presented by Brazilian states, regional seminars on the elderly in Brazilian society, CAS/MPAS, 1976) concerning both elderly and middle-aged individuals revealed a wide rejection of old age. The principal cause of this rejection is the negative image and lack of prestige attributed to elderly people in the Brazilian cultural context. The persons interviewed expressed a desire to remain young forever, fearing that the arrival of old age would bring all sorts of problems and misfortunes. If the social environment is hostile towards old people, they themselves feel equally hostile toward their own aging. Contacts with groups of elderly persons permitted us to conclude that many of them have a negative image of old age and consequently are not always prepared for this phase of life. Thus, for instance, there is no preparation for retired life, in spite of the fact that retirement is a common aspiration, since it means freedom from working and also from other tedious and even difficult obligations. Many are those who eagerly look forward to retiring, but few are really prepared for it.

* Rodriguez, Nara, in "Les Personnes Agees au Bresil et le Loisir". Memoire pour D.E.U: Paris, 1979.

AN UNCERTAIN ECONOMIC SITUATION

Oftentimes the economic condition of retired persons is serious, due to their constant loss of buying power. This makes it difficult to maintain the same life-style reached during the period of professional activity. The situation becomes even graver when there is no possibility of increasing the level of income through the exercise of another paid activity. Research conducted in capital cities of several Brazilian states showed the general lack of job offers for elderly people. When opportunities do exist, they are either low-paying jobs or activities which totally ignore the training and experience of the person.

The urgent necessity of making jobs available for a large labor force of young adults makes it difficult middle-aged persons, 35 years or over, to gain access to the labor market. There are a large number of young people waiting to participate in the job market and thus exercise strong pressure on older people to yield their places to the newer generations.

The existence of a labor force in excess of the number of jobs available enables employers to use, in addition to professional qualifications, other criteria of preference. Characteristics such as sex, birthplace, color and especially age are widely considered, thus creating a certain social discrimination, which forms a populational group that is functionally old, with no direct relation to advanced biological age. Social and economic discrimination reinforce each other, thereby differentiating workers and excluding certain groups from the labor market. As life expectancy increases, the number of unemployed persons increases. Unemployment among the older people reaches its greatest proportions in urban centers, generating various problems concerning family life, housing and medical assistance.

According to a national survey conducted by the Brazilian Institute of Geography and Statistics (IBGES), in 1980, among persons over 60 years of age in Brazil, 28.39% were working and 71.61% were not. This means that most elderly people are condemned to a pitiable situation, since retirement pensions are often woefully inadequate. In fact, data from the same survey show that more than 70% of the elderly receive not more than 3 minimum salaries.* This signifies that many of these people must be given help, either through the state or through private charity, since there is no other way for them to receive food, housing and medical care.

The decrease in the real incomes elderly due to the loss of buying power of retirement pensions is a fact encountered in almost every country. Even in rich countries where this problem receives constant attention, retirement pensions frequently do not ac

* A minimum salary in Brazil is equal to approximately US\$ 100.

company inflation. The reason is that the economic situation of most nations cannot bear the weight of heigher pensions for the constantly growing groups of retired people.

Nevertheless, several countries have enacted coherent policies which guarantee the elderly citizen certain services and benefits whose costs are compatible with existing resources and which permit retired people to maintain their buying power. In most cases, these policies involve reductions in the cost of public transportation fares, food, housing, cultural programs and medical aid, and even including assistance in certain urgent cases, such as offering aid in the person's home.

II LEISURE

In spite of all the manifestations in Brazil pointing out the necessity of a policy of leisure, such a program has not yet come into being. Countless scholars and institutions have shown the importance of leisure in its various dimensions, especially as an element in personal and social development, capable of aiding directly in the solution of the many problems that afflict society. However, along with a lack of resources to establish a meaningful policy, certain sectors resist any investment in plans concerning leisure activities, always alleging the existence of other priorities.

As part of a social and educational policy, leisure also meets resistance because of the certain prejudices based on the belief that the time of a good citizen is best employed in productive activities, which has a direct influence on the process of development. This same manner of thinking tends to identify leisure with idleness, which further hampers a full understanding of the total value of leisure time, namely, as a factor of integration in the social environment, or as psychosomatic recuperation, capable of permitting self expression and creativity, which in today's society are necessary for the adjustment of individuals.

Brazilian society is rapidly becoming an agglomeration of large urban centers, where the members tend to follow an exhausting routine that, together with other dangers and difficulties, leads to isolation. Informal groups cease to exist, thus reducing chances for leisurely contacts and activities.

It is within this framework that we will treat the question of leisure for the elderly.

It is easy to understand the lack of leisure options for the aged when such options are inadequate even for the younger generations, who by nature receive priority and thus generate pressures on governmental authorities. One observes everywhere how little the older people participate in community activities involving leisure and recreation.

One explanation is that these programs are almost always planned by and for young people. A second reason is that the accelerated, disorderly growth of cities has not only made urban transportation increasingly difficult for elderly persons but also reduced the natural leisure spaces. The Brazilian sociologist, Renato Requixa, in his work *O Lazer no Brasil*, states the following:

The open spaces and green areas have been rapidly diminishing, such that one can calculate an average of only 2 to 3 m² of green area per inhabitant in the largest Brazilian cities, while international recommendations suggest 12 m² per inhabitant.

Informal leisure activities, such as taking walks, are hindered by the lack of appropriate environmental conditions, which should encourage walking or informal gatherings outdoors. However, the truth is that there is more pressure for other urban services, such as water and sewer systems, which are still insufficient and consume most of a city's budget. Nonetheless, a closer analysis of the situation would reveal certain distortions in the actual orientation for urban planning that contribute to make city surroundings less conducive to leisure activities.

For example, one notes the great attention given to urban street and transportation systems, with most problems being defined and solved in terms of the automobile. This is a "highway" policy, which demands enormous public spending: freeways, overpasses and cloverleaves are constructed in the middle of the city, increasing the level of environmental aggression and forcing the inhabitants to live side-by-side with speeding vehicles.*

*Requixa, Renato. *O Lazer no Brasil*. Editora Brasiliense. Sao Paulo, 1977.

In short, urban spaces are becoming more and more inaccessible to the elderly. For an old person to leave his home, a condition which favors leisure, has become impossible, due to the danger it presents.

Other important motives that discourage the elderly from participating in leisure activities include financial hardship, poor health and a gradual loss of the habit of seeking leisure outside the home. Obviously, there exists in Brazilian society today a high rate of joblessness among older people, and for these persons leisure has no meaning, since their free time is spent simply in surviving. At the same time, there are those elderly citizens who, although not restricted because of economic factors, still show the influence of cultural mores and work as the most important human activity and any leisure activity as non-productive, as an idle pursuit. Especially prevalent among males, many of whom have devoted most of their adult lives to improving their socio-economic positions, this habit tends to continue in old age. In the words of Saigado: "In adulthood a new set of social roles and responsibilities causes a change in leisure habits and the time allotted for such activities. Although some habits are kept while others are changed, free time is always more occupied by other functions, with recreational activities being relegated to a secondary position*."

Paradoxically, research has always revealed that the highest aspiration is to use the free time after retirement in recreational activities. Thus, retirement for the purpose of leisure is the basic goal of young Brazilians; however, with the passing of time this notion goes through modification.

III SOCIAL ACTION AND LEISURE

Great stimulus has been given to leisure activities for the elderly in Brazil by social assistance institutions. In Brazil, social action for these people has spread the concept of leisure as the main approach to be followed, particularly in dealing with retired persons. Brazilian social institutions, when setting up their programs, always base their plans on leisure activities, which include such areas as recreation, learning experiences, creative development and self-expression.

The idea of being active and participating in social intercourse as ways of maintaining an elderly person's psycho-emotional balance is partly responsible for this procedure. At the same time, the systematic creation of social interaction centers for the elderly, reproducing the universal model of Clubs for the Elderly (or Senior Citizen's Clubs), has led to the position of using leisure activities as the chief vehicle for dealing with this age group. And if one can judge by the tremendous growth in the number of participants in these programs throughout Brazil, such a position has been quite successful.

* Saigado, Marcelo Antonio. "Velhice, Uma Nova Questao Social" Biblioteca Cientifica SESC. Sao Paulo, 1980.

SESC - Social Service for Commerce - a private, nation-wide entity maintained and administered by merchants, was the pioneer in Brazil in creating non-institutional programs of assistance for the elderly, using leisure activities as the chief means of operation. In fact, SESC introduced in Brazil, not only social centers for the elderly and open schools for senior citizens, but also began systematic studies and research concerning this age category.

SOCIAL CENTERS FOR THE ELDERLY

The activities that characterized the first nucleus for social interaction appeared in 1963 in the city of Sao Paulo, where rapid and disorganized growth had brought substantial changes in both family structure and social behavior making frequent contacts between relatives difficult and consequently creating a situation of solitude and neglect for the elderly.

This model of social assistance quickly spread throughout Brazil, since it was undoubtedly an effective and immediate response to the fundamental problem of the aged, namely social isolation. It also stimulated social and cultural participation in the community and a structuring of minor services of aid and assistance. Bringing together persons generally over 50 years of age, these groups, accompanied by a staff of professionally trained workers, develop a series of activities such as choral groups, bands, theater, yoga, gymnastics, trips, dances and indoor games that encouraged social intercourse, development of individual creativity and self-expression.

This pioneering experience in Brazil was later taken over by organs of the federal government and expanded rapidly all over the country, such that today an estimated 100 or more similar movements exist. In the state of Sao Paulo alone, SESC gives orientation to 27 centers, with 12,000 participants.

OPEN SCHOOLS FOR SENIOR CITIZENS

The objectives of the Open Schools are: to impart information to the elderly concerning the process of growing old in its biopsychosocial aspects; to permit a recycling, enabling participants to find a place in a modern society undergoing swift and profound changes; to furnish the opportunity for making new plans for the third stage of life, through the discovery of new interests, skills and ideals; and to facilitate the establishment of relations between generations, renewing the links with younger people and thus preventing the isolation and neglect that so often come with old age.

These objectives are pursued through the use of basic modules, containing information about the biopsychosocial aspects of aging, preparation for retirement and cultural updating. There are also optional modules which furnish opportunities for practicing physical activities (gymnastics, yoga, swimming, etc.), and for developing self and group expression (art and crafts, musical groups, theater, creativity workshops, etc.). This program signifies a new approach to socio-educational service, whose principal goal is to enable a group of elderly persons to rediscover interests that provide a new social basis and retard the negative manifestation of old age.

The open Schools are aimed at retired people, housewives and any other individuals who, because of their age, are freed from work and family obligations and can therefore use their free time to catch up in terms of knowledge and cultural information, increasing their personal fulfillment. In this program there is no interest in earning a diploma or improving technical professional skills, nor are there admission requirements or exams.

Due to their methodological proposal, as a general rule the Open Schools offer various leisure options, such as trips, social tourism, fellowship gatherings and different types of shows. Despite being in existence only 4 years, this program has already accommodated more than 3,000 elderly persons.

CONCLUSION

The results obtained through these programs and other projects of aid to the elderly have grown to such a point that it became necessary for SESC to create a coordinating center, the Center for Third Age Studies, CETI. Besides its specific functions study, research, documentation and training - the center also systematically produces and collects material regarding work and the elderly. This is done in response to the lack of specialized material on Social Gerontology, as well as to guide SESC personnel in answering the ever-growing number of requests from public and private institutions for assistance to the elderly, and to be able to offer material to those interested in this particular area. Also worthy of note is the fact that the accumulated material and experience of SESC has had considerable influence in the definition of the initial steps of a social policy on the part of Brazilian public organs, and also in the orientations given to social workers involved in programs with the elderly.

CP/RA NATIONAL POLICY
LEISURE AND AGING

Prepared by
Canadian Parks/Recreation Association



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PREAMBLE

The Canadian Parks/Recreation Association believes that:

Social, cultural and technological changes in society have directly affected life for the older adult in recent years. This along with the fact those aged 65 and over are becoming a much larger proportion of the Canadian population, gives rise to a particular concern by practitioners for this population subgroup.

Recreation can be an extremely important aid to growing old gracefully and fostering positive attitudes toward an active interest in living. As an active participant in the mainstream of life through recreation and leisure services, the older adult can remain intellectually alert and socially assertive, and can be directly engaged with his or her immediate environment.

A general lack of understanding exists regarding the recreational and other needs of various generations of older adults living in the community. Stereotyped attitudes toward aging (agism) are in existence throughout the nation and they are accountable for the existence of stereotypical participation patterns and programme offerings. These need to be altered to provide the kind of meaningful experiences that can contribute to a continuing sense of satisfaction to the personal state of being of the older adult. Practitioners are generally unaware of the variety of leisure opportunities that are in existence for older people across Canada. Encouragement and facilitation of integrated recreational programmes, as opposed to those that are offered only to older people, is lacking. Of particular concern is the fact that their talents, capabilities, and potentials are unrecognized. Opportunities for their utilization are missed in the areas of programme development and leadership in the service delivery area.

Preparation for retirement and retirement counselling programmes, particularly their leisure components, lack a firm substantive basis to effectively prepare people to provide for the increase in free time associated with their retirement.

Formal and informal professional preparation, education, and training and development programmes relative to recreation and the older adult are lacking for recreation and leisure service delivery personnel.

Institutional (hospitals, nursing homes, homes for the aged, public housing, etc.) leisure service delivery systems are inadequate. Alternatives to these existing institutional offering need to be more clearly evaluated, defined, shared and implemented in and with these institutions.

Activation of older Canadians and their attainment of high quality living through involvement in leisure pursuit is a major concern of the recreationist. The need for quality social and recreational services and opportunities designed to attain and maintain quality of life for the aging in Canada is great.

ARTICLE I - UNIQUENESS OF OLDER ADULT

The current Canadian older adult population is recognized as growing in number and percent of the total population and is accepted as unique due to the variety of influences that have affected their preconceived notion of old age.

ARTICLE II - STEREOTYPED IMAGE

Canadian society is encouraged to accept older adults as responsible, contributing, talented and experienced individuals, and to reject the stereotyped image that underestimates the physical and mental ability of many old people. CP/RA supports educational programmes that attempt to erode myths associated with aging and agism, and that emphasize positive and vigorous aspects of life for the aged.

ARTICLE III - INTERGENERATIONAL PROGRAMMING

CP/RA recognizes the value of the provision of services that are directed at only the older adult population. However, strong support and encouragement is given to the implementation of programmes that are inter-generational in nature and are directed at all age categories.

ARTICLE IV - PROGRAMME DIVERSIFICATION

The category of Canadian older adult includes several generations and many different sub-groups with a variety of orientations, characteristics, attitudes, dispositions, and needs. CP/RA supports the idea of diversification of recreational activity being offered to older adults to meet the variety of their needs.

ARTICLE V - PHYSICAL ACTIVITY/PHYSICAL FITNESS

The inflated role associated with sport in Canadian society, particularly to the extent that equates involvement with recreation and leisure activity is rejected. However, CP/RA recognizes the value of, and supports and encourages the maintenance of physical fitness through regular exercise.

ARTICLE VI - PREPARATION FOR RETIREMENT

CP/RA promotes worthy retirement preparation and retirement counselling programmes for older adults to combat the stresses associated with separation from the integrated society in which they may have lived prior to retirement.

ARTICLE VII - INTERAGENCY COOPERATION

CP/RA encourages and supports cooperation and communication among groups and agencies at all levels regarding the provision of recreation services for older adults.

ARTICLE VIII - COMMUNITY INVOLVEMENT

Encouragement is given to older people to develop and use their personal talents and skills that age and experience have given them for the benefit of their communities and themselves. The economic worth of the older person's contributions in the recreation and leisure service sector is recognized and promoted by CP/RA.

ARTICLE IX - INSTITUTIONAL PROGRAMMES

CP/RA recognizes the desirability of tailoring recreational activities in institutional settings to meet the needs of individual residents, and promotes the implementation of innovative demonstration projects and the sharing of programme ideas in this regard.

ARTICLE X - EDUCATION AND RESEARCH

Formal and informal professional preparation, education, and training and development programmes for the practitioner and the volunteer relative to recreation and the older adult is lacking. CP/RA recognizes a need in this area and supports the development and implementation of such programmes along with necessary research and demonstration projects that may be ancillary to such programmes.

ARTICLE XI - INALIENABLE RIGHT

There are many older people who live full, satisfying and useful lives, who value their independence and life-style, and who are not in need of outside assistance or accommodation by recreation and leisure services organizations and agencies. CP/RA recognizes that older adults have the right to use their leisure time as they see fit, as opposed to doing those things that others would have them do. This includes their involvement in work-related, as well as recreation-related activities.

ADDENDUM

As part of the discussion draft of the policy statement (March 19, 1981), rank ordered itemized lists of (1) recognized needs of the leisure service delivery system and (2) an action plan re policy implementation were submitted. They are reproduced here as an addendum to the policy statement draft. Each of the items in both lists have been identified as relating to specific articles associated with the policy statement by having the number of associated articles placed in parentheses at the end of each item (I, II, V, X). This is not meant to be all-encompassing. Rather it is intended solely to give some indication of how the recommended policies identify with practitioner needs and proposed action plans.

RECOGNIZED NEEDS OF THE LEISURE SERVICE DELIVERY SYSTEM AND THE OLDER CANADIAN

1. Face to face leadership skill development in working with older people (IV, IX, X, XI).
2. Public education awareness programmes re the needs, capabilities, and potential of the older population (III, VI, VIII, X, XI).
3. Information re programme planning with and for the older adult (II, IV, VIII, IX, X, XI).
4. Greater awareness and understanding of management problems associated with organization, administration, and recreation and leisure service delivery in senior citizen centres and other agencies (IV, IX, X).
5. Greater awareness of senior volunteer services and leadership training programmes associated with them (VI, VII, VIII, X).
6. Greater understanding re the content and implementation of retirement counselling programmes (I, II, VI, X, XI).
7. Broader and more in-depth understanding of gerontology among recreation practitioners (II, X).

8. An accessible data bank and information clearing house that can be utilized by Canadian practitioners to foster greater awareness of the variety of approaches that are being used to reach the older adult in other environments (IV, IX, X).
9. Knowledge and understanding of government's roles and associated assistance programmes in the area of aging and leisure (I, VII, X).
10. Understanding of the role and values of physical fitness programmes for older adults (IV, V, X).
11. Understanding of specific societal and cultural influences on Canada's older population (I, X, XI).
12. Better understanding of the theoretical, philosophical basis of leisure and recreation and their roles in older adult life (I, VI, X, XI).
13. Greater understanding of social work and group work organization skills and their relationship to recreation and leisure services and the older adult (IV, VII, IX, X, XI).
14. Better understanding and techniques regarding working with older people who are physically and/or mentally disabled and/or disadvantaged (II, VII, IX, X, XI).

ACTION PLAN RE POLICY IMPLEMENTATION

1. An issue of Recreation Canada devoted to leisure and aging in the immediate future (I, II, III, VIII, X).
2. The development of position paper on leisure and aging, its sharing with various government agencies that identify with older adult issues (I, VII, X, XI).
3. Provision of an information clearing house and resource centre for aging and recreation leisure (II, IV, X).
4. Investigation of possible funding sources for support for a national conference on leisure and aging in Canada (VII, X).
5. The development of standards for leisure service delivery for the older adult in various settings and dissemination for provincial and/or regional distribution (III, IV, V, VII, IX, X, XI).
6. Sponsorship, encouragement and documentation of pertinent national research, trend analyses, and service and programme innovations (IV, V, VIII, IX, X).
7. Support and encouragement of public awareness programmes relative to older adults and leisure (II, III, X, XI).
8. Encouragement of articles in magazines and journals (II, III, IV, X).
9. Promotion and sponsorship of workshops and other professional development programmes relative to gerontological recreation throughout Canada (II, X, XI).
10. Development of recommendations for training of students to assume professional responsibility in the field of gerontological recreation (IX, X).
11. Provision of resource manuals for educational training programmes, workshops, seminars, courses, etc., relative to aging (II, III, IV, V, IX, X).
12. Development and distribution of a sound pre-retirement planning programme component relative to leisure (VI, X).
13. Representation and participation in national and international symposia and conferences associated with other professions as well as their own (VII, IX, X).
14. Seeking of documented material and oral presentations and expressed viewpoints from other professions working with older adults at conferences, workshops, etc. (II, III, VII, IX, X).
15. Speaking out against "Agism" in Canadian society in multiple varying ways (II, X).

RECREATION AND THE ELDERLY
GENERAL REPORT

Chilean National Committee on Recreation
Santiago, Chile
June, 1982



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1. INTRODUCTION

Up to several years ago, to speak of recreation in our country was a reference synonymous to youngsters, children and in some exceptional cases to adults. Never, not even tangentially, was the term applied or applicable to the third age.

In 1976 the Young Mens Christian Association (YMCA) became concerned with the application of the concept of recreation to its work with the elderly. Said concept was understood to comprise "the sum of activities and experiences undertaken during free time, freely chosen and that are conducive to the psycho-social development of the individual promoting harmonious and healthy relations". The task of developing some experiences that would possibly lead us to measure and observe the level of response and the problems that surfaced in this type of activity was initiated.

To achieve this, organized camping activities were selected since it is one of the organized recreational activities that most rapidly and effectively indicate the participants' problems, interests and abilities as well as possible solutions.

The following are several of the multiple conclusions derived during this state:

- The participants had scarce or underdeveloped capacities for use free time.
- Almost the totality of them (of a low socio-economic strata) felt frustrated for not being considered as socially productive beings in their social and family environments.
- The majority was unaware of their abilities and potential, which they slowly discovered by means of recreational camping programs.
- The participants' fear of physical exertion (technically dosified) gradually disappeared as they reached full acknowledgement of the bodily potential still present in them. Social integration was gradually obtained, motivating a strong sense of self esteem, since lost by the type relation they maintained with their social and family environment.
- Creativity was strongly developed to the point where true group leaders emerged and guided their companions promoting, creating and undertaking tasks that led to personal and social development.
- Participants demonstrated great awareness of their social and personal destiny which brought about support and interdependent relations upon reintegration to their medium and whose great strength persisted afterwards.

These and other conclusions and observations led the Young Mens Christian Association (YMCA) to redouble its efforts in promoting a more systematic, through and permanent work in the field of the elderly. Later on, in this spirit, it promoted and developed joint programs with the National Recreation Committee of Chile, an agency of the General Directorate of Sports and Recreation of Chile, and with the National Corporation for the Protection of the Elderly.

During these six years many testimonies received from the elderly attest to their involvement in the program as well as the involvement of group leaders who guided similar programs in their communities. Perhaps one of the most significant was that of an 82 years old participant in a swimming program. She confessed to wearing a bathing suit for the first time in her life with the satisfaction of not only having learned to swim, but of feeling more physically uplifted than one her daughters, 56 years old, who was ill.

The image of the elderly in Chile, undoubtedly, is that of an unproductive being who, rather than contributing to, hinders society. While in the cities this is the prevailing view, in the rural zones, where the elderly play an active social role within the family, it is not.

Gradually, this view of the elderly is changing as a result of the efforts of the state as well as that of private agencies.

2. LEISURE, AGING AND RECREATION

What is meant by leisure is not established clearly in our society. Various interpretations exist, based on a series of interests and needs.

For many, leisure is the concept of time utilized in opposition to the time used in compulsory tasks. Said in a more positive way, it is that time in which they act according to their impulses, following their desires and inclinations.

For those whom work doesn't relate to their vocation or personal inclination and has become a mere source of profit, leisure is compared to something that allows freedom from routine. Whereas where work responds to their concerns and allows for personal initiative, leisure does not reach the "liberation" level or point of equilibrium.

Therefore the concept of leisure should not be, as it is commonly used, as something opposed to work, but should simply be separated from that work which is alienating and monotonous which we are primarily bound to in order to satisfy our vital needs.

Each person, according to several factors: economic, social, cultural, etc. has daily free time that "society" has granted. This time, which increases considerably during weekends and is condensed in vacation periods, presents serious management problems at the personal, family and occupational levels.

A series of questions must be posed previous to any type of analysis of leisure:

- Is free time adequately utilized?
- Is personal time controlled?
- Do the activities undertaken, especially during the weekends, aid in the relief of the accumulating tensions of daily life?

These and many other questions arise when it is realized, with great preoccupation, that it is necessary to level activities in such a way as to grow and develop harmoniously: mind, body and soul.

Derived from the latter idea is our concept of recreation as a body of experiences and activities undertaken especially during free time, freely chosen which has the potential of enriching life by means of satisfying certain basic individual needs and of cultivating healthy and harmonious human relations. Therefore, it is an educational activity that outside the occupational boundaries promotes the intellectual, psychological, spiritual and physical development of the individual and the community besides providing pleasant experiences and satisfaction.

Upon choosing a mode of recreation, man selects that which is more internally pleasant; therefore preference and selection are two crucial elements in recreation. This is in direct relation to the individual experiences, especially those relevant to the prevalent ones in his infancy, where such preferences originated.

This is why we must look for the objectives of recreation in the individual, in his needs, interests and concerns and in the type of life he leads characterized by sedentary styles. The latter, a product of the technology that has made our life a passive one of reduced creativity and high doses of tension. Recreation should, in that sense, extend to the search of pleasure; the development of an aesthetic concept; the promotion of association with others; personal reaffirmation; the development of creativity and the involvement of the individual in community life. Today, recreational activities must be understood as a problem that the individual must face with help and collaboration from everything that surrounds him: school, home, community.

Understood that way, the scope of recreation is limitless and responds to a continuing and educational process of a permanent nature that endows the human being with the possibility of channelling his emotional load, adequately utilizing his free time individually, in his family, his community, besides acquiring knowledge, developing skills, abilities and habits that will allow for a wholesome and harmonious development of his personality by means of physical, cultural, social and spiritual activities.

Envisioned in this fashion, leisure and recreation constitute harmonizing and therapeutic elements essential in the life of the elderly.

The conditions of the elderly in our society are characterized by the scarce resources they can rely on, by their continuous and permanent health problems, by the almost total absence of places to meet; in summary by the socially marginal situation to which they are submitted. If to this we add the enormous amount of available time to themselves, which they abruptly acquire upon retirement and most of all the null preparation they possess in terms of positively utilizing said free time, we have a comprehensible picture of their frustrations and pathologies.

Thus recreation, effectively guided, promotes their social integration by means of active participation in programs that allow for the positive utilization of leisure, fomenting their creativity and the feeling of discovery that they are still useful to their family, their environment and their country.

Programs and plans which the elderly should be led in this direction and, furthermore, education for the positive use of leisure should start in childhood, this being the only way of really internalizing the necessary attitudes for the elderly stage.

3. PROGRAMS UNDERTAKEN

3.1. Organized Camps for the Elderly

- Starting in 1979, and initially with the above stated purpose in mind, these types of programs, in which the Young Mens Christian Association (YMCA) had vast experience, were initiated.

With time and in the face of the success obtained, this type of activity became a requisite, either in the initial or final stage, of even greater programs. Furthermore, due to the scarce vacationing resources of the elderly, this activity acquired a strong autonomy and constituted a necessary contribution to the homes and clubs of the elderly.

These organized camps tend to develop skills and habits for physical development, social integration and spiritual expansion of the elderly in contact with nature.

The physical, cultural, spiritual and social activities are strongly emphasized, especially those that have the potential for developing and internalizing the habits of harmonious social relations, at the same promoting physical mobility, creativity, camaraderie and mental development.

Mobility games, cardiovascular gymnastics, modified beach sports, group competitions, manual work and spiritual reflexions constitute part of the varied spectrum of scaled activities, dosified in intensity and intention, which result in strong social interaction and acknowledgement by the elderly of the capacities and abilities within themselves.

3.2. SPECIAL ACTIVITIES

Special activities, in general terms, are special events held on the occasion of the Day of the Elderly, which is celebrated the 10th of October in Chile.

All the events are totally or partially undertaken by the Young Mens Christian Association (YMCA), always under the auspices and with the participation of the welfare services of public as well as private institutions, especially the National Corporation for the Protection of the Elderly. Massive cultural and social events as well organized competitions between homes and clubs for the elderly, including such activities as poetry readings, choral songs, dance, card games, etc., are celebrated.

3.3. RECREATIONAL PROGRAMS IN HOMES FOR THE ELDERLY

- In 1979 the National Committee for Recreation developed a program in conjunction with CONAPRAN with the primary goal of laying the ground work, through a systematic program, for a recreational methodology for homes for the elderly affiliated with said institution.

- The emphasis was on developing among the elderly abilities and skills according to their psycho-physical potential, motivating self assurance and a feeling of belonging to society.

This program was applied simultaneously in two homes in Santiago that in terms of available resources as well as social composition of their participants, were distinctly different.

Recreational technicians led systematic workshop activities in the following areas:

Spiritual	Recreational:	Out-Doors:
awareness groups	preparatory games	occasional walks
chat groups	out-door games	jogging
	motor coordination games	

This program lasted for four months and culminated with an organized camp in which 90 elderly citizens from both homes participated.

Although in general the outcome was positive, due to problems with the training and formation of personnel, the program could not be continued. Yet the program demonstrated the importance of well led systematic, organized activities in the homes for the elderly, which almost in their totality lacked this type of program that augments participation and interrelation among the participants, avoiding the rapid deterioration of their mental and physical skills.

3.4. CLUBS FOR THE ELDERLY IN THE YOUNG MENS CHRISTIAN ASSOCIATION (YMCA)

Beginning in 1979 and up to 1981, a special program destined to develop, maintain and contribute a model to an Elderly Recreational Club, was developed by the Young Mens Christian Association (YMCA) that, although living with their families, needed a program that would utilize, develop and revitalize them individually as well as socially.

The goal was to offer the elderly a different perspective of social participation; to develop their potential in such a way as to make them useful to their families as well as in their communities. Most of all, this model would become a motivating force in the delivery of theoretical and practical recreational activities with the elderly and their environment, thus being the fruitful seed of a leisure program.

This program relied on the permanent contribution of YMCA technicians in foreseen areas where spiritual, social and cultural workshops were held and, specially, physical activities were undertaken.

The latter is worthy of special attention since the elderly participated actively, after a medical checkup in cardiovascular gymnastics and swimming. The outcome was very effective and many participants acquired the permanent practice of physical activities.

4. SOME OBSERVATIONS AND FUTURE STEPS

Derived from the years of undertaking activities and programs in search of, not only contributions to recreation for the elderly but also to enhance the awareness of the community and its institutions to the real situation of the elderly in our society, of their possibilities, of the enormous potential within them and of their unalienable right to an active life socially, respected, and productive according to their characteristics, the YMCA is endeavoring to definitely systematize the action areas already initiated and to promote others that will allow support for said efforts.

Some of these foreseen actions are:

- To specialize by means of serious and organized training in these recreational activities the techniques and methods needed by voluntary personnel who deal with the elderly, forming leaders, monitors from among the elderly.

To promote through the diffusion of community education programs the acceptance and integration of the elderly as socially productive citizens.

Develop workshops in order to prepare elderly citizens for community service tasks, such as care for the handicapped, park maintenance, home repair, etc.

To promote specific sports and recreational infrastructure programs for the elderly.

Motivate special social guarantees for the elderly citizens who deserve the respect by the society who in indebted to them for a lifetime of work.

SOCIAL WELFARE, LEISURE AND AGING IN DENMARK

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Old age and retirement usually mean that more time is spent with leisure activities. There are, however, often limitations on the activities that people over 64 (senior citizens) can participate in, due either to low incomes or to poor health. What is more, the situation of senior citizens usually deteriorates with age. Individual interests, attitudes also determine how senior citizens spend their time. Unfortunately, too little is known on leisure and recreational activities of senior citizens in Denmark to give a detailed account on this subject. Therefore, the present report will deal with general aspects of social welfare of Danish senior citizens.

POPULATION STATISTICS

There are approximately 5 million people in Denmark, most of them living in urban areas (one-third live in the metropolitan area of Copenhagen). At present, the average life expectancy in Denmark is 72 years for Danish men and 78 years for Danish women. Compared to most similarly developed countries, the percentage of the Danish population aged 65 and over is very high (14%) and it is expected to remain higher than the European average for at least one more decade. The percentage of the Danish population over 80 years old is expected to increase from 2.6% to 3.7% by the year 2000. Prospective data on the percentage of Danish senior citizens in various age groups appears in Table 1.

(Table 1 here)

ECONOMIC SUPPORT

The main characteristic of Danish social policy is that all people in Denmark can receive uniform benefits. This principle has given the Danes a high level of security in terms of health and social well-being. A variety of welfare benefits are available for Danish senior citizens, as well as other age groups (Table 2). The medical and social welfare services for senior citizens in Denmark are financed almost totally by public taxes and are administered by local authorities; private charitable organizations play a very minor role in Danish welfare services.

(Table 2 here)

All Danes are covered by a national pension system financed by the budget of the national government. As of 1970, a basic flat rate pension has been given to all Danish citizens older than 67 years, regardless of their means. The majority of Danish senior citizens (roughly two-thirds) receive little or no financial support other than old-age pension. A supplement to the basic pension and a housing allowance is given to those with low incomes. Single women aged 62-66 years and handicapped people aged 60-66 years are eligible for old-age pensions and supplementary allowances. All wage earners also receive the Labour Market Supplementary Pension on retirement. This pension, which augments the general pension, is paid only to those who have worked. It is financed through mandatory contributions from both employers and employees. Members of Danish employment associations are also eligible for early retirement pay. This relatively new system provides those who retire between the ages of 60-66 years with about 70% - 90% of their former salary for up to two years. Those who receive early retirement pay may not work more than 200 hours per year. This program is intended to provide more job opportunities for the young. Funds for early retirement payments come from employers, employees and the national government. Danish public pension schemes are summarized in Table 3. Private pensions are not common in Denmark and have a relatively minor role in the economy of senior citizens.

(Table 3 here)

The national old-age pension is financed directly from the national government. Standard policies direct how these benefits are distributed and administered. Implementation of general policies concerning pensions is the responsibility of the 14 counties and 276 municipalities of Denmark. County councils finance medical treatment by reimbursements for drugs as well as for the services of general practitioners. Local municipalities establish and supervise nursing homes, home-help services, home-nursing and general welfare programs. The costs of these services for counties and municipalities are reimbursed 59% by the national government. Direct supervision of municipal services is done by a social welfare committee appointed by the local council. The delegation of day-to-day responsibility for the social welfare system to the local municipalities has permitted the quality and cost of services to be closely monitored by those who are directly affected by the services. Also it has enabled innovations in service delivery to be initiated at the local level. It has been common in

recent years for new or altered services to be adopted by neighboring municipalities. On the basis of the success of local welfare services, the Danish Parliament has issued mandates for certain changes in welfare services in all municipalities.

HOUSING CONDITIONS

In general, senior citizens in Denmark are very independent; 90% of them live in their own homes, and only 6% live in nursing homes or hospitals (33% of those aged 85 or more live in nursing homes). Table 4 shows data on housing conditions of senior citizens in Denmark.

(Table 4 here)

50% of Danish senior citizens live within 10 minutes of one of their children. About 20% of senior citizens live with their children or someone other than their spouse. Most senior citizens in Denmark have regular communication with their family or children. Very few (1%) live in sub-standard or overcrowded dwellings.

WORK AND RETIREMENT

The typical retirement age in Denmark is 67 years for men and women, although there has been a trend recently toward earlier retirement. Employment rates for men aged 65-74 years have declined from 48% in 1962 to 37% in 1977, and for women aged 65-74 years the change has been from 12% to 8%.

SOCIAL WELFARE SERVICES

According to the Danish Social Assistance Act, municipal councils must provide social welfare services for pensioners. These services are arranged either at the municipal level or through support of voluntary organizations such as pensioner's clubs. The purpose of these services is to offer senior citizens help with practical matters and to activate and entertain them. A minimal charge is made for some of these services. All municipalities have social welfare personnel engaged partly in supervising welfare centers and pensioner's clubs, and partly in visiting those not able to attend such centers. The work of these social welfare employees include pedicure, gymnastics, occupational therapy, courses, study-groups, excursions, and various kinds of entertainment. Some of these activities take place at welfare centers. All municipalities support clubs for senior citizens who usually participate in the administration of the clubs. The number of such clubs is increasing, but no reliable data is available on them. The activities usually are handicrafts, such as weaving, pottery and woodwork - and music, literature, languages or card-playing.

When visiting homes, social welfare personnel keep an eye opened for possible needs of senior citizens for things such as hearing aids, glasses, householding goods and housing modification. According to the 5-year plans for 1980-1985, municipalities are planning a 16% increase in the number of personnel engaged in social welfare services, with the exception of those working partly in nursing homes. In addition to the work of social welfare personnel, much work is done by volunteers, for which no reliable information is available.

Other welfare services available to Danish senior citizens are laundry service, meals-on-wheels and telephone chains. In 1980, well over 25,000 handicapped people and senior citizens received food daily from meals-on-wheels. The purpose of telephone chains is to make certain that certain senior citizens are called every day, usually in the morning, to make certain that they are well. Most municipalities have also gardening and snow removal services for senior citizens in need of this help. There are, however, great differences between municipalities as to the number and kind of welfare services provided. Table 5 shows some of the most common services along with the number of municipalities in which they were found in 1980.

(Table 5 here)

TRANSPORTATION

The Danish Social Assistance Act makes pensioners eligible for a grant for public or individual transportation. The municipal authorities decide to whom such grants are to be given. In the Copenhagen area everyone from the age of 67 can have a season ticket for unlimited public transportation at 20% of the normal price, and a season ticket covering only Greater Copenhagen at 11% of normal price. These tickets cover travel by bus and train outside normal rush hour. Some municipalities give no grants for transportation, while others grant only for special cases, e.g. to participate in welfare work, to visit the doctor, dentist or physiotherapist, or to attend day-care center activities.

Day-Care Centers

Municipal authorities in Denmark are required by law to establish day-care centers for welfare work which is most suitably carried out at such institutions. Access to these centers is given by the municipal social welfare committee, which also fixes the price to be paid for services. The main purpose of the work carried out in these centers is to preserve and strengthen the capabilities of senior citizens through, for example, physiotherapy and occupational therapy, in order for them to live in their own homes as long as possible. In so doing these services prevent or postpone transferring senior citizens to nursing homes. In 1980, well over 10,000 people had access to day-care centers on approval. About 2/3 of them were over the age of 67, which corresponds to 1% of this age group, and about 1/5 were older than 85. In addition to activities to which access has to be approved by the social welfare committee, these centers normally have activities such as handicrafts, study groups and pedicure that are open to all senior citizens. The number of people employed in these centers corresponded to almost 800 full-time positions in 1980. According to the municipal five-year plans, the capacity and staff of the centers will increase by almost 50% by 1985. In 1980 there still were 130 municipalities that had neither day-care centers nor day-nursing homes. According to present plans, the number of municipalities with none of these facilities will be reduced to 84 by 1985.

DAY-NURSING HOMES

Danish municipal authorities must provide day-nursing homes for persons whose conditions require attention and care that cannot be provided in their own homes during daytime. The persons who attend day-nursing homes receive care corresponding to that given in a nursing home. Most day-nursing homes are established in connection with or as part of a nursing home. Access to these facilities is given by the municipal social welfare committee and transportation is provided by the municipality. Those who are admitted to day-nursing homes are charged for meals and care according to their means. They also pay for special services such as hair-dressing and laundry service. In 1980, well over 3,000 persons had access to Danish day-nursing homes. About 3/4 of the clients were over the age of 67, and about 1/3 were over the age of 80. The number of persons employed in these services corresponded to 600 full-time positions in 1980. According to the municipal 5-year plans, the capacity of day-nursing homes will increase by more than 30% between 1980 and 1985. Some municipalities offer also temporary accommodations for senior citizens at full-time nursing homes, normally in order to provide short-term assistance to relatives otherwise in charge of their care.

ADULT EDUCATION

In addition to the services offered by the Social Assistance Act, various adult education organisations provide special courses for senior citizens in Denmark. In addition, senior citizens are welcome to participate in educational activities not specifically designed for their age group. In 1964, the Danish National Institute of Social Research made a nation-wide study of leisure-time activities. It showed that around 10% of the adult population attended an evening school or a similar educational facility. However, senior citizens participated only to a very small degree. In age groups 60 to 69 years and to 70 years, only 2.9% and 4.2% participated, respectively. During the last 10 years, however, there has been increasing interest in adult education among

senior citizens, especially since many courses have been during the day rather than at night. In 1978/79, 61,862 women and 17,450 men aged 64 years and up attended educational courses, which amounts to about 11% of senior citizens in Denmark.

The Danish Folk High School is another agency that offers educational activities for senior citizens. This agency was originally intended to serve young adults, but over the last 20 years a new trend has appeared. In 1969 the first course for senior citizens was held, and it was a success. Since then there has been a rapid increase in courses for senior citizens at Danish Folk High Schools. In 1977 a total of 141 courses was offered. The courses are relatively short (1-3 weeks), but in contrast to normal evening school courses, they are full-time activities. The subjects offered range from humanities and science to various creative activities. Four new Folk High Schools have been founded with the sole purpose of serving senior citizens. In 1975, 1,182 senior citizens were enrolled in courses at Folk High Schools, and today about 10% of all students at the Folk High Schools are senior citizens.

The growing interest in educational activities among senior citizens is not distributed evenly. As in other age groups, it is mainly senior citizens from the better educated, white-collar middle class who participate in these educational opportunities. It is difficult to engage the great majority of senior citizens who do not fall within this category in educational activities at schools. This does not mean, however, that these senior citizens as a group are less interested in information and education. As we shall see in the following their interest appear to be directed more toward the use of mass media as a means of orientation and learning.

RADIO AND TV

Senior citizens in Denmark use both radi and TV a lot. About 90% of them listen to radio and watch TV every day. Their interest in political and social affairs is evident from their listening habits. Table 6 shows that the number of people who listen to political broadcasts (radio news, daily current events programs and purely political programs) increases from the younger to the older age groups. The same trend appears in connection with informative programs, while programs with light entertainment and music attract fewer people in the older age groups. There is, however, a slight sex difference; elderly men are most interested in political programs while elderly women tend to prefer informative programs, as can be seen in:

(Table 6 here)

Table 7, TV viewing habits of senior citizens, closely resemble their interests in radio programs.

(Table 7 here)

PUBLIC LIBRARIES

The public library has not been an integrated part of the lives of the majority of senior citizens in Denmark. As shown in Table 8, 41% of Danish senior citizens above the age of 70 have never used a library. This is clearly a generational effect since the use of library facilities increases in younger age groups. On the other hand, those senior citizens older than 70 and who do use the library are among its most frequent users; many of them visit the public library at least once a week. A survey has shown that about 80% of Danish senior citizens who use the library are interested in reading fiction, and about 45% of them are interested in non-fiction.

(Table 8 here)

Public libraries in Denmark are so well-distributed and so close to each other that 70% of the population lives within 15 minutes of a library. Nevertheless many senior citizens tend to stop visiting the library as a result of bad health which makes even such a short distance difficult. As a service to people with such problems, book-mobiles have been established in a number of municipalities. Book-mobiles park at certain locations on specified days in areas where the distance to the nearest public library is relatively long. About 7% of senior citizens in Denmark use book-mobiles. A service called "The Visiting Library" is also available in several municipalities for those confined at home by illness. Only about 0.1% of the Danish population is served by a visiting library, but it is estimated that from 0.3% to 0.4% actually are in need of this service. With regard to nursing homes and homes for the aged, most of them have a library service, usually in the form of a book depot.

NEWSPAPERS, WEEKLIES, MAGAZINES AND BOOKS

About 80% of all adults in Denmark, regardless of age, read a newspaper every day. 13% of senior citizens above the age of 70 read two or more newspapers every day (Table 9). In addition, almost half of the senior citizens in Denmark read the local newspaper regularly. More than half of the senior citizens also read weeklies and magazines regularly. Both newspapers and magazines are usually purchased by the senior citizens; only 4% of them read the newspaper at the public library. Senior citizens are not book buyers; around 20% of them own fewer than 10 books. The lack of book buying by senior citizens is partly explained by their relatively poor economic situation and partly by a generational effect since more books are owned by young adults than by senior citizens.

(Table 9 here)

The value that the Danish middle-class places on books is not common among the current generation of senior citizens, but this will probably change in the future.

CULTURAL AND RELIGIOUS ACTIVITIES

A survey conducted in 1980 found that nearly 25% of the oldest senior citizens in Denmark had never been to the theater and that only a small portion had been to the theater during the previous season (Table 10).

Danes between the ages of 60 - 69 years show more interest than older people in the theater, but even among them about 20% have never seen a play. The apparent lack of interest in the theater among Danish senior citizens is probably a generational effect. With regard to music, only about 10% of those over 70 years old own a phonograph or a tape recorder while more than half of persons aged 40 - 49 years have these things. Thus, access to music may be relatively limited among Danish senior citizens, and this has probably been the case throughout their lives. In accordance with this, a relatively small portion of Danish senior citizens had been to a classical concert during the previous season, and very few of the oldest senior citizens play a musical instrument.

(Table 10 here)

In contrast to music and theater, interest in religion increases with age in Danish senior citizens. Whether this is an age-dependent effect or a generational effect is difficult to say. Nearly all people in Denmark (approx. 94%) are members of the National Christian Church, but few people practice their religion regularly by going to church. In fact, church attendance has diminished in all age groups during the last decades, but the reduction has been least among senior citizens.

Clearly, religious interest is not adequately expressed by church attendance alone and about 40% of Danish senior citizens report that they normally listen to morning prayers on the radio. A survey showed, for example, that the morning church service transmitted on Danish TV had among its viewers 39% who were senior citizens.

NATIONAL PLANNING

Although Denmark has a welfare system, there is no national policy for services available to senior citizens. However, a national commission on aging was founded in 1978, thanks to the Danish Parliament, to conduct a broad survey on the conditions of senior citizens in Denmark. The aim of the commission was to evaluate the living conditions of senior citizens and to recommend policies and make suggestions on ways to bring together public and private activities of senior citizens in Denmark, so as to improve their life. The commission is composed of 15 members and is assisted by a small professional staff and an advisory group made up of people engaged in activities and programs for senior citizens.

The commission divided its work into 3 phases. Phase one, which was completed in May, 1980 involved an

examination of the process of aging. Phase 2, which was completed in 1981 explored relations between Danish society and senior citizens. Phase 3, which is expected to be completed in 1982, will consist of recommendations for programs for senior citizens. When the commission began its work, the economic recession had given rise to serious questions about the ability of the Danish State to continue to support its welfare system at its current level. As the work of the commission continued, economic problems increased and, at the same time, the number of senior citizens in Denmark rose. As a result, the commission has had to be highly sensitive to the pressures produced by these factors. These pressures have made the commission, as well as politicians and the general public, more receptive to examining new solutions to the problems of senior citizens.

Although the final recommendations of the commission are not yet completed, and the success of any changes in policy will not be known for some time, the reports of the commission give an idea of the way the task of designing a new national policy on aging is being viewed. The commission has pointed out that in the past, policies on aging have had a negative orientation; that is to say, they view services for senior citizens in terms of ways to compensate for losses incurred from senior citizens. The commission will probably recommend that the national policy on aging be a positive one that looks at aging as a normal, lifelong process. A positive policy on aging would recognize the resources and strengths of senior citizens and their ability to meet new challenges. The importance of self-determination and continuity of programs for senior citizens is already clear.

It is also clear that senior citizens experience strains of adapting to special conditions associated with old age, but that they meet these strains with personal resources and experience built up over a lifetime. In order to create a positive policy on aging in Denmark, the commission may propose some new approaches. They have emphasized that a policy on aging must not focus solely upon the elderly, but that it must also examine related issues such as the labor market and regional and municipal planning as they affect senior citizens. It is evident that public agencies are not to try to solve problems for the elderly.

It is evident that public agencies by themselves are not to try to solve problems for the elderly, but that senior citizens are to be engaged in finding solutions to their own problems. The commission recognizes the importance of informal structures in the Danish policy on aging, including clubs and workshops in which senior citizens have an active role in welfare programs. Other aspects of Danish policy on aging may be developed in the public sector in forms which do not rely on traditional methods of government. New approaches will be used in forming Danish policy on services for senior citizens, and the commission considers more cooperation and consultation between public agencies and groups of citizens, more cooperation between social agencies and regional and local planners, more reliance by government of information and experience, and more conscious use of education and training facilities to be necessary. Systematic use of these "soft" methods may enable the public to play a greater role in old-age policy, so that the programs are more successful and Danish senior citizens retain their initiative, usefulness, and self-determination (self-respect?).

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SUGGESTED TABLE LEGENDS

- Table 1. Age distribution of senior citizens in Denmark. Values are percentages.
- Table 2. Welfare services mandatory for all municipalities in Denmark
- Table 3. Danish public pension schemes
- Table 4. Housing conditions of senior citizens in Denmark (1979)
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TABLE 1.

Percentage of senior citizens according to age in Denmark from 1979 to 2000

	1979	1985 *	1990 *	1995 *	2000 *
65-74 years	61.4	57.3	56.0	55.1	52.9
75-84 years	31.4	33.6	34.5	34.2	35.4
85+ years	7.2	8.6	9.6	10.7	11.6
Totalling	100.0	100.0	100.1	100.0	99.9

* Estimates made in 1981

TABLE 2.

Welfare services mandatory for all municipalities in Denmark

Institutional services:

- Long-term care departments in general hospitals
- Nursing homes
- Collective and sheltered housing
- Day nursing homes
- Day care centers

Services in homes: * Nursing and housekeeping)

- Home nurses
- Temporary and permanent home help

Other forms of care or welfare:

- Meals on wheels
- Telephone chains
- Laundry
- Club activities
- Study-groups
- Pediatrics
- Entertainment
- Other assistance

Various other forms of aid:

- Alterations in apartments and houses
- Household appliances
- Wheelchairs
- Crutches
- Footwear
- Hearing aids
- Eyeglasses
- Telephones
- Motor vehicles
- Others

TABLE 3. Danish public pension schemes

Scheme	Age and Citizens Sex	Specific Criteria of Allocation
<u>Old-Age Pension</u>		
complete old-age pension	67 yrs and over	None
income-regulated old-age pension	Single women 62-66 yrs old	None
	55-59 yrs old	Social and working conditions
	60-66 yrs old	Failing health or other specific circum- stances
<u>Widows Pension</u>	Aged 55 yrs	Widow after the age of 45
	(Aged 45 yrs)	Widow after the age of 45 with 2 dependent children under 18
	Widows and other single women hav- ing attained the age of 50	Persons who have either received a widows pen- sion earlier, or with failing health or other specific circumstances
<u>Public Servant Pensions</u>	Aged 60 yrs (67 yrs)	For persons employed as public servants in the State, municipalities and counties. Retirement before the age of 67, results in a reduced pension
<u>Labour Market Supple- mentary Pension Scheme (ATP)</u>	67 yrs and over	For all wage and salary earners (obligatory)
<u>Early Retirement Pay</u>	60-66 yrs old	For members of an unem- ployment insurance fund fulfilling certain con- ditions concerning mem- ber seniority, etc.

Source: Friis and Hansen, 1980

TABLE 4.

Housing conditions of senior citizens in Denmark (1979)

Place of Residence	Number
Own home	637,595
Pensioners flats	28,702
Service flats	3,359
Sheltered dwellings	4,928
Nursing homes	49,416

TABLE 5.

Welfare services in municipalities in Denmark

Welfare Services	Number of Municipalities
Hobby arrangements	229
Meals-on-wheels	226
Pensioners gymnastics/swimming	177
Pedicure	175
Home visits	149
Occupational therapy	101

TABLE 6.

Radio listening habits in Denmark - values are percentages

	Age Groups			
	50-59 yrs %	60-69 yrs %	7-79 yrs %	80+ %
Daily listeners to radio news	85.0	88.5	89.4	76.6
Daily listeners to current affairs programme . .	46.0	55.0	57.8	41.0
Listeners to political programmes; men	44.0	47.6	56.4	34.2
women	27.9	31.7	28.0	29.2
Listeners to informative programmes; men	21.1	31.2	32.9	24.4
women	51.3	55.5	53.4	51.3
Listeners to light entertainment programmes; men	37.7	24.2	25.3	14.6
women	34.2	24.8	14.0	5.4
Listeners to music programs	58.5	50.3	44.0	30.9

Source: Kuhl et al.

TABLE 7.

TV viewing habits in Denmark - values are percentages.

Age Groups	News Service %	Theatre/Play %	Church Forum %
40-49	67.7	20.7	11.5
50-59	75.4	23.5	15.0
60-69	82.0	30.3	24.6
79+	77.4	24.9	19.7

Source: Danish Cultural Statistics

TABLE 8.

Library visiting habits in Denmark - values are percentages

Age Groups	Visit a Public Libra- ry	Have Never Used a Li- brary	Visit a Library Once a Week or More	Visit a Library 1 to 3 Times a Year	Visit a Library Less Than Once a Month
40-49	46	30	9	48	43
50-59	38	31	9	50	40
60-69	34	38	12	57	29
70+	30	41	18	52	29
All age groups (16+)	47	24	13	50	37

Source: Kuhl, Munk 1979

TABLE 9.

Reading habits in Denmark - values are percentages

Age Groups	Read a News- paper Daily	Read More Than One News- paper Daily	Read Di- strict Papers Regular- ly	Read Weeklies/ Magazines Regular- ly	Are Reading a Book At Present
49-49	86.4	24.1	57.3	48.5	38.1
50-59	86.7	21.1	56.7	47.4	33.5
60-69	84.8	17.1	58.7	49.2	33.5
70+	79.2	13.2	48.9	53.6	34.1

Age Groups	Own Fewer than 10 Books	Own More Than 500 Books	Buy fict- tion (Li- brary Users)	Buy Non- Fiction (Library Users)
40-49	5.3	12.9	49	40
50-59	8.0	10.6	44	40
60-69	12.7	9.3	31	21
70+	21.8	5.8	23	11

TABLE 10.

Cultural and religious interests in Denmark- values are percentages

Age groups	Have been to the theatre sometime	Have been to the theatre this season	Have been to a classical concert this season	Have been to an art exhibition this season	Have been to an art museum this season	Have been to another museum this season	Play an instrument	Sing	Own a gramophone	Own a tape recorder	Member of the National Church or "Denmark"	Never go to church	Go to church a couple of times monthly
40-49 ...	82.6	17.4	6.0	19.6	13.0	26.5	6.9	7.9	58.9	70.1	91.7	46.9	4.1
50-59 ...	82.1	15.2	7.0	17.6	14.9	17.9	4.2	6.8	42.2	43.4	94.2	46.6	5.8
60-69 ...	80.7	14.2	6.1	12.8	11.8	16.9	4.3	6.1	31.3	24.0	94.3	43.4	6.7
70+ ...	76.9	7.5	3.6	8.6	8.8	8.0	2.9	6.1	14.2	8.0	94.9	36.8	12.7

Source: Danish Cultural Statistics.

**LEISURE AND AGING
IN THE
FEDERAL REPUBLIC OF GERMANY**

Reinhard Schmitz-Scherzer

and

Walter Tokarski



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1. INTRODUCTION AND SURVEY

After an older couple has been reduced to the married partners when the grown up children have left home, and at the very latest after the retirement of the man, older people find themselves faced with a completely new task, i.e. the structuring of their leisure time against a background of reduced family responsibility for the children. Attempts to solve this problem often occur within the context of the ongoing process of coming to terms with aging. It is clear that the structuring of so-called leisure in this connection is of greatest importance.

Investigations of the theme "Leisure and Aging" can only sensibly be attempted in connection with the results of gerontological research, and should be placed within the framework of demographic development.

In general it can be assumed that the proportion of aging people in the entire population will increase in the future. A re-structuring of working time might, under certain circumstances, facilitate an earlier retirement. Both factors will have consequences for life in old age and thus for the leisure life of the older generation, but also for the publicly available facilities. These necessities have not yet been fully considered by sociologists and politicians. This makes problem-orientated, applied, interdisciplinary research all the more important.

It is possible to see preliminary attempts on behalf of older people to represent their own interests.

The situation of research into leisure has been, up to the present, poor and, apart from a few exceptions, systematic, theory-oriented research has yet to be carried out.

2. STATISTICAL AND DEMOGRAPHIC ASPECTS OF THE POSITION OF OLD PEOPLE

IN THE FEDERAL REPUBLIC OF GERMANY

The following factors are important for an assessment of the situation of old people:

- (1) The development of the entire population
- (2) The development of the proportion of old people in the entire population
- (3) The development of life expectancy
- (4) The demographic composition of the group "old people"
- (5) A description of the important aspects of the living conditions of old people.

The question as to who is an "old person" is, in itself, a special problem. In W. Germany it is a general rule that those who have reached retirement, i.e. those between the age of 60 and 65 years, are counted as belonging to the group "old people", which is in accordance with a large proportion of precautions and legislative protective regulations which are applicable to people of this age. It is not intended here to deal with the questionability and the arbitrary nature of this definition. It is, however, significant for what follows that the statistics apply to the age 60 years and above.

Another point must also be made. It is more difficult than it might, at first, appear to obtain up-to-date information on the situation of old people in W. Germany. Even the commission formed by the government in 1977 to investigate the income situation was only able to turn to figures from 1973 (cf. Wagner 1982 p. 97 ff). It is not clear whether this may be regarded as a lack of interest in the problems of old age in a strongly productivity-orientated society such as W. Germany.

2.1 THE DEVELOPMENT OF THE TOTAL POPULATION IN THE FEDERAL REPUBLIC

In 1980 the population of W. Germany was about 61.5 m, consisting of 57 m German nationals and 4.1 m foreigners (Statistical Yearbook 1981, p. 50, PROGNOS 1981, p. 18). The total population is expected to have been reduced to 60 m by the year 2000 (PROGNOS 1981, p. 18). Other theoretical calculations about population development expect a reduction of German nationals to 53 m and an increase of foreign nationals to 7 m at a constant birth rate, or 50 m Germans and 6 m foreigners (Pestel 1980, p. 30). This would correspond to a reduction in the total population of 10% by the year 2000.

2.2 DEVELOPMENT OF THE PROPORTION OF OLD PEOPLE IN THE ENTIRE POPULATION

On 1. 1. 1980 the proportion of people over 60 years in W. Germany was 19.2% (11.8 m), and 15.6% over 65 years (9.66 m). Only 36.8% of those people over 60 were men.

Table 1 The proportion of those people over 60 years in W. Germany according to age group and sex on 1.1. 1980 (x 1000)

age group	total	male	female
60-65 yrs	2.240	890	1.350
65-70 yrs	3.237	1.251	1.986
70-75 yrs	2.805	1.053	1.752
75-80 yrs	1.961	700	1.261
80-85 yrs	1.033	307	726
85-90 yrs	403	108	295
90 yrs and older	125	36	89
total	11.804	4.345	7.459
total population	61.439	29.317	32.122

Source: Statistical Yearbook 1981, p. 59

Whereas in 1950 only 9.3% of the population (4.8 m) were older than 65 years, this had risen by 1970 to 13.2% (8.0 m), and by 1975 to 14.6% (9.0 m) (German Institute for Economics 1980, p. 4). Theoretical calculations for the year 1990 expect a proportion of 23.9% (12.5 m) over 60 years of age and 16.6% (8.7 m) over 65 years at a constant birth rate (Statistical Yearbook 1981, p. 67). It is to be expected that not only the proportion of those over 60 will rise, but also the proportion of very old people, to a large extent. The 75-80 year old group will rise by 17% by 1990, the 80-85 year olds by 51% and those over 90 years by 42% (Lehr, manuscript 1981, p. 1).

2.3 DEVELOPMENT OF LIFE EXPECTANCY

The average life expectancy for a baby born in W. Germany at the present is 69.4 years for a male and 76.1 years for a female (Statistical Yearbook 1981, p. 638). The life expectancy of those in the over-sixty age group is as follows:

Table 2 Life expectancy in years from the age of 60 according to sex

age at present (1979)	life expectancy	
	men	women
60 yrs	16	20
65 yrs	13	16
70 yrs	10	12
75 yrs	8	9
80 yrs	6	7
85 yrs	4	5
90 yrs	4	4

Source: Statistical Yearbook 1981, p. 74

2.4 THE DEMOGRAPHIC COMPOSITION OF THE GROUP OLD PEOPLE

2.4.1 Sex

Within the individual groups the ratio of men to women moves in favour of the women with increasing age.

Table 3 The group of people over 60 according to age group and sex on 1. 1. 80 (%)

age group	men	women
60-65 yrs	39.7	60.3
65-70 yrs	38.6	61.4
70-75 yrs	37.5	62.5
75-80 yrs	35.6	64.4
80-85 yrs	29.7	70.3
85-90 yrs	26.7	73.3
90 and over	28.8	71.2

Source: Own calculations according to Statistical Yearbook 1981 p. 59

2.4.2 Marital Status

While 80% of the men over 60 years are married (BZGA 1981, p. 261) the great majority of women over 60 years is single (spinster, widowed, divorced).

Table 4 The group of people over 60 according to age and marital status on 1. 1. 80 (%)

age group	proportion of those married	
	men	women
60-65 yrs	88.9	55.7
65-70 yrs	85.7	44.6
70-75 yrs	79.6	33.2
75 and over	62.7	16.1

Source: Statistical Yearbook 1981, p. 62

The majority of single women over the age of 60 is widowed. These are 30.8% of the 60-65 year olds, 42.9% of the 65-70 year olds, 53.8% of the 70-75 year olds and 70% of those older than 75 years.

This situation automatically means an increase of the single person households (BZGA* 1981, p. 501).

2.4.3 Employment

The number of people over the age of sixty in W. Germany who go out to work has sunk drastically over the past few years. Whereas in 1961 73.9% of men aged between 60 and 65 years were employed, the number sank to 47.9% in 1977, to 43.1% in 1978 (German Institute for Economics) and to a mere 40% in 1980. Of those pensions granted by the "Bundesanstalt fuer Angestellte" in December 1981, 80% were for members who were under the age of 63 years (AOK 2/1982, p. 6).

* BZGA - Bundeszentrale fur gesundheitliche Aufklaerung is a part of Department of Youth, Family and Health

** Federal Bureau for White Collar Workers

2.4.4 Income

In W. Germany the average net monthly income of old people shows a wide range of variation whereby women tend to fall into the lower income groups.

Table 5 Net monthly income for over-60s in 1980 according to sex (%)

income	men	women	women
	(60 and over)	(60-69 yrs)	(70+)
less than DM 1000	6	12	25
1000 - 1500 DM	17	23	33
1500 - 2000 DM	22	23	19
more than DM 2000	49	36	22
no information	6	3	2

Source: BZGA 1981, p. 498

81% of those over 55 years receive their income in the form of a pension, and 95% of those over 65 years (Stern 1977, p. 304). The average size of the monthly amounts of the pensions show a wide range of variation.

Table 6 Average monthly pensions in 1981 in DM

type of insurance	pension of insured	widows pension
workers insurance	704	595
white collar workers insurance	1.063	832
Knappschafts insurance*	1.471	915

Source: Statistical Yearbook 1981, p. 395

We must not forget to record here that in W. Germany 1.2 m households (5% of all households) have an income which is below the threshold for social security, whereby older people (mainly women) are among those most affected, together with families with a large number of children (Der Staedtetag 5/1982, p. 335).

* insurance for e. g. sailors or minors

2.4.5 Education

A representative study from the year 1980 showed that 7% of the population over 60 had "Abitur" (German High School Graduation) and 75% had had a full primary school education. The details are as follows:

Table 7 Educational qualifications of people aged 60 and over (%)

qualification	total		men	women
	60-69	70+	from 60	from 60
primary school	74	82	76	80
secondary, technical, high school without "Abitur"	18	12	14	15
with "Abitur"	7	6	10	5

Source: BZGA 1981

This picture deviates from that for the total population in that a higher proportion of people over 60 years have only primary education

2.5 IMPORTANT ASPECTS OF LIVING CONDITIONS FOR OLD PEOPLE

2.5.1 Health

A representative study for W. Germany (Stern 1977, p. 268 ff) shows that two thirds of the population over

sixty are satisfied with their health situation. A clear deterioration in the health situation first appears at the age of 75 years - women being more markedly affected than men. Employed people, both men and women, are more satisfied with their condition than those who are unemployed.

Apart from other illnesses, physical handicaps play a major role with old people. Of 3.43 m handicapped people who were registered in W. Germany on 1.1.80., 41% were older than 60 years and 30% older than 65 years (Statistical Yearbook 1981, p. 401; Pierburg et al. 1981, p. 60). 95% of the older handicapped people were severely handicapped. Expressed in another way this means that 12% of all people over the age of 60 are handicapped and most of these severely so.

The requirement for care has hardly ever been an object for consideration in W. Germany. Only recently have investigations taken place here. Of the 2.53 m people in need of care in Germany in 1978, 75% were over 60 years of age and 65% older than 65 years (Mettler-Maibom 1981, p. 4). Turning this around we can say that 16% of all people over 60, 17% of all people over 65 and 30% of all people over 80 years of age are in need of care. Since only a small percentage of those people over 65 years live in old peoples homes, this means that by far the greater part of those in need of care are looked after in their own homes.

2.5.2 Living Conditions

3% of all people over 65 years, 9% of those over 75 years, 13% of those over 80 years and 40% of all those over 85 years of age live in old peoples homes (Lehr, man. 1981, p. 31). It is noticeable that more than 40% of those living in such homes live in towns with a population greater than 500,000 (Stern 1977, p. 119). It seems that the old peoples homes only gain significance from the age of 75 years. In 1977 the overwhelming majority of old people lived either in rented accommodation (50%) or in their own property (Stern 1977, p. 121; BZGA 1981, p. 250).

With increasing age the proportion of those living alone increases. In the case of those over 75 years it is 40% (Stern 1977, p. 41). The majority, however, live together with other people.

Table 8 Personal living situation in 1977 (8%)

situation	people 55 yrs and more	men	women	75 yrs and older
alone	27	11	38	41
with others	70	88	59	52
of these: those with one partner	48	66	37	36

Source: Stern 1977, p. 41

In 1980 three quarters of all people over 60 years lived in a "one-generation", household (BZGA 1981, p. 269), i. e. only one quarter of these people shared a household with younger people.

2.6 RESULT

The conclusions which can be drawn from the demographic and statistical data sketched here for the leisure time of aging and old people give the following well-defined picture:

- (1) a relatively early departure from the working life
- (2) a sharp increase in the proportion of old people within the total population, both relatively and absolutely, as a result of a fall in population, which is expected to continue, and also a longer life-expectancy
- (3) a relatively long retainment of mobility and good health

- (4) a disproportionately large increase in the fraction of women in the group "old people", who are also mainly single
- (5) a financial situation which is, at first sight, relatively satisfactory, but which does, however, exhibit a sharp gradient within the group, whereby the greatly inferior position of women is noticeable
- (6) the small proportion of old people who live in "Homes" and the concomitant high proportion of old people who live in their own homes
- (7) the relatively low level of education among old people.

From these data it is possible to draw direct conclusions for free time and the leisure sphere (cf. here Schmitz-Scherzer 1975, p.14. f).

3. DATA DESCRIBING THE LEISURE SITUATION OF THE OLD PEOPLE IN GERMANY

The assessment of the leisure situation of old people in W. Germany on the basis of the analysis of the national statistical and demographic aspects given here ensues from the following factors:

- (1) the time available to old people
- (2) the observation of leisure requirements
- (3) the presentation of leisure activities
- (4) the degree of satisfaction of old people with their leisure.

Unfortunately the data situation does not allow a further differentiation within the category "old people". This is a significant deficit of leisure research.

There is one more preliminary remark: The question of the concept of leisure in connection with the observation of old people, who tend not to be employed, poses a particular problem. Leisure has always been defined only in connection with work, making the use of the word "leisure" difficult when work is absent. It is just in this case of the problem of leisure and old people that the need for a revision of the generally used concept of leisure and the need for a more subjective view becomes clear (cf. Schmitz-Scherzer 1975, p. 24; Tokarski 1979, 1982).

3.1 THE TIME AVAILABLE TO OLD PEOPLE

There is very little dependable data about the time available to old people in connection with leisure. Since, because of the problem of the concept of leisure and the demand for a subjective approach made above, the absolute time consumption for leisure activities is not of very great significance, the following will relate only to the amount of time taken up in leisure in relation to other social groups. In accordance with this a study of leisure (BMJFG* 1978, p. 86 ff) shows that, compared to other groups, pensioners have the most available time for leisure, i. e. about 6.3 hours per working day (cf. self-employed people 2.7 h, workers 4.2 h, housewives 3.7 h). This level of time consumption does, however, tend to remain the same at the weekend when it was overtaken by that of other social groups, sometimes significantly. Differentiation according to age groups shows a similar picture.

Table 9 Time consumed for leisure on different days according to age (hours) (1978)

age group	time for leisure activities in hours		
	working day	Saturday	Sunday
under 21 yrs	4.6	9.1	10.1
21 to 29 yrs	4.4	8.3	8.9
30 to 44 yrs	3.3	7.4	7.2
45 to 59 yrs	3.4	6.6	8.1
over 60 yrs	6.4	6.5	7.8

Source: BMJFG 1978, p. 87

3.2 LEISURE REQUIREMENTS OF OLD PEOPLE

Leisure requirements have, up till now, only rarely been investigated. A few authors have named the following requirements as being relevant:

- diversion, change
- recuperation, relaxation
- social contact
- movement
- information, communication
- creative experience

* Department of Youth, Family and Health

A more recent study showed basically the same categories, whereby the variation of those questioned from the average is made clear by the arrangement in order of importance:

Table 10 Leisure requirements arranged according to age and importance

leisure requirement	order of precedence	
	those over 60	average of all
to rest	1	2
to do what one enjoys	2	1
work-free time	3	4
time for oneself	4	5
to have a break	5	6
to enjoy oneself	6	3
to do nothing	7	7
time with which I don't know what to do	8	9
time to earn extra money	9	8

Source: BMJG 1978, p. 74

Thus the leisure requirements of old people hardly differ from those of the rest of the population. One must, however, point out that these data do mask the differences between old people, which are sometimes quite considerable. It must also be remembered that few old people exploit their opportunities to the full. It seems certain that future generations will be more active.

An analysis of the interests of aging and old people in certain themes in the media showed in a representative study the following: Themes which are "age-specific" do not command much interest, and seem first to gain significance in old age (from 75 yrs) (Stern 1977, p. 32 f).

Table 11 The interest of older people in media themes. Age 55 yrs and above (8%)

great interest in ...	3
local news and events	36
medical and health topics	28
political events	25
pets, nature, animals	18
sport	18
games, humour	15
religion, the church	15
travel, foreign countries and people	14
household, cooking	14
home, interior decoration, etc.	13
aging	12
entertainment	12

Source: Stern 1977, p. 32

3.3 LEISURE ACTIVITIES OF OLD PEOPLE

There is a large discrepancy between the interest in different leisure activities and the activities which are actually observed - and that not only in the case of old people. Thus activities which are of a social or cultural nature are practiced far less than the expressed interest would lead us to believe. Listening to the radio and watching television belong to those activities which are most popular and which are carried out most often. In another survey, 63% of people over 60 years named "watching TV" as their favorite activity, and 67% named "staying at home" (Bosch 1981, p. 461 ff). Apart from this, the following picture was obtained:

Table 12 Leisure activities of people from the age of 55 years according to the frequency of practice (%)

activities carried out at least once a week:	3
going shopping	57
going for a walk alone	54
going to church	26
church and social activities	6
dining out	6
going to social events	3
going to concerts, theatres, museums	2
reading magazines, newspapers	62
reading books	33
gardening, flowers	47
looking after pets	27
looking after children, grandchildren	30

Source: Stern 1977, p. 57

Only 45% of the 60 to 69 year olds are members of an organization or club, and only 31% of those over 70 years, in contrast to much higher percentages in the other groups. Men are much more often club members

than women (60% as compared to 25%). In the case of men over 60 the dominant institutions are the sports and social clubs (BZGA 1981, p. 483).

With increasing age the number of those who are only passive members rises, and in the case of women this rise is above average (BZGA 1981, p. 484).

Travel held an important position and not merely from the point of view of interest. For many old people it was an important factor in the structuring of leisure time and one which is constantly becoming more important.

Table 13 Proportion of those travelling in the individual age groups in the year 1976 (%)

age groups	proportion of travellers
60-65 yrs	50
65-75 yrs	41
75 yrs and older	32

Source: Stern 1977, p. 233

With increasing age (i.e. from the age of sixty) the subalpine mountains become an ever more popular destination (Scheuch 1981, p. 1102).

3.4 LEISURE ACTIVITIES OF OLDER PEOPLE AS COMPARED TO THOSE OF YOUNGER PEOPLE

One of the more recent surveys of leisure behaviour in W. Germany is very informative. It shows the wide range of leisure activities which is to be found even in the case of old people. Of course, many of these people practice these activities less frequently than the young people, but some of them can be seen to practice them to an even greater extent. Examples (apart from the media) are: going for walks, playing games in company, looking after other people, going to museums, etc.

Table 14 Most popular leisure activities of the W. German Population (%)

How do you prefer to spend your leisure?	total	men	women	16-29 yrs	30-44 yrs	45-59 yrs	60 and older	unskilled workers	skilled workers	civil servants, white collar workers	top civil servants, managerial staff
staying at home	59	53	64	47	62	61	67	56	56	60	65
watching TV	57	58	55	52	55	57	63	64	57	57	54
going for a walk	57	51	63	46	58	61	64	53	52	65	61
reading newspapers, magazines	56	57	55	56	51	52	62	51	51	58	59
travelling	51	51	51	65	55	44	37	34	51	58	62
being with the family	47	42	51	30	56	53	47	45	46	47	48
visiting friends, relations	43	39	48	50	41	42	40	43	42	47	47
reading books	43	39	47	47	44	37	43	28	36	53	62
having visitors	40	33	46	40	45	39	34	35	35	44	47
listening to the radio	38	37	39	54	34	31	35	42	40	40	37
working in the garden	38	36	36	19	38	47	41	39	33	34	33
playing with the children	32	28	35	36	42	26	24	32	35	31	34
clearing up, repair jobs	31	33	29	24	30	37	34	35	34	29	28
handicraft, making things	31	15	45	30	31	35	31	33	28	33	28
doing nothing	29	27	31	35	28	29	23	30	32	27	24
sport	26	32	20	46	30	16	8	15	30	29	11
going to theatre, concerts, cinema	25	22	27	41	28	16	13	16	22	30	27
playing cards, chess	24	32	18	30	26	18	31	25	27	26	27
going to sporting events	20	33	10	35	22	14	9	18	32	19	16
looking after neighbours and others	19	13	23	12	14	23	27	20	16	19	19
photography painting drawing pottery	18	21	15	23	22	15	10	9	17	23	26
working in groups, clubs	17	25	11	24	22	13	10	11	24	19	17
earning extra money	16	19	12	22	16	16	9	22	18	14	11
courses, further education	15	16	13	20	22	12	4	5	12	20	21
going to exhibitions, museums	13	12	13	13	15	10	13	8	13	13	21
music-making	10	10	10	13	11	7	7	6	11	9	14
working on hobby collection	8	13	3	6	7	9	9	5	6	8	15
political activities	6	9	4	7	7	7	4	3	6	8	9
Activities related to the media											

The responses came to more than 100% because the interviewees were able to name a number of activities from the list offered. The leisure activities of farmers and self-employed people could not be properly discovered and included here for comparison because of their irregular working hours.

Source: Stern No.33, 1978

Questions about favourite activities, however, often gave a different picture to that given by questions about actual activities. For this reason we include the results of another survey (cf. Table 15).

Table 15 Leisure activities of people over 65 yrs according to EMNID/SVR (1971) in %

This deals with data about the relative frequency of activities actually carried out, i.e. the interviewees named and defined the frequency with which they themselves carried out the activities named.

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leisure activity	carried out according to those aged 65+ (1)							
	rarely		often		no			
	never		sometimes		very often		answer	
	65+	55-64	65+	55-64	65+	55-64	65+	55-64
repair jobs	45,6	35,2	37,3	42,6	12,8	19,8	4,2	2,5
recovering from work	26,9	13,1	27,2	43,5	32,5	39,2	13,9	6,1
going to the theatre	71,7	56,4	20,6	33,4	4,1	8,8	3,6	1,4
being together with friends	20,3	12,4	51,6	52,8	24,1	33,1	4,0	1,8
doing nothing	25,4	29,5	35,8	46,1	24,4	21,5	5,0	2,8
going to concerts	73,2	60,2	20,0	31,9	3,2	6,1	3,6	1,8
playing chess, cards etc.	53,3	43,5	29,2	36,7	15,8	17,1	4,5	2,7
listening to light music	50,9	32,6	29,9	38,2	15,6	27,4	3,6	1,9
reading exciting books, magazines	23,8	16,9	24,1	37,4	39,0	44,5	3,1	1,1
hobbies	58,6	45,5	13,5	20,1	22,4	31,2	5,6	3,1
further education	79,5	68,9	9,4	22,8	3,4	6,8	7,6	5,4
reading "high-brow" books	62,6	54,8	20,8	27,8	11,8	14,6	4,8	2,8
gardening	59,1	53,8	11,2	12,1	26,6	33,0	1,0	1,2
handicraft	62,6	58,1	24,2	26,6	14,5	11,5	6,1	3,8
contacts with neighbours	8,8	7,9	56,8	58,5	32,1	32,7	2,2	1,0
family contacts	11,3	5,2	25,3	18,0	54,7	75,1	3,8	1,7
television	7,9	3,2	11,0	9,6	78,3	85,3	2,8	1,9
learning about politics/culture	31,6	23,7	34,6	35,4	30,2	33,2	3,4	2,4
going into the country	28,6	13,7	44,5	44,8	28,5	40,4	2,4	1,2
watching, reading, hearing sports reports	39,5	31,2	23,6	24,9	32,7	41,6	4,2	2,2
going for walks	11,4	6,4	40,4	36,0	47,1	57,0	1,1	0,8
contact through clubs	76,5	71,0	11,7	16,5	7,9	10,2	4,0	2,5
visiting friends and relations	14,3	7,0	52,1	53,3	32,1	38,9	1,5	0,8

Older people are at disadvantage compared to younger people because of their social position. The inferior environmental situation, the inferior fitting of the home and the reduction of the family to the marriage partners after the grown up children have left home have just such direct consequences for leisure behaviour as the fates of widowhood and illness. The lower financial capacity as compared to the entire population is perforce accompanied by a smaller leisure budget. A home which is not fitted out for leisure leads to a lack of stimulus in the very place where most leisure time is spent.

In order to carry on any appropriate discussion of these findings it is necessary to consider that, although these data apply to the entire population over 60 years, there are subgroups within the group which can be described far more positively. When, for example, the health situation is reasonably satisfactory and the financial position allows an adequate life style, the restrictions mentioned above occur only rarely or not at all. It is therefore necessary to carry out a differentiated investigation in accordance with the differently structured groupings within the old population.

Most of the investigations in this sphere ask only about the practice of leisure activities. This is surprising when one considers that, for example, the frequency of watching TV is only one aspect of the leisure activity "Television" and that it is at least as interesting to consider how much TV is watched (i.e. the amount of time spent watching it), and the types of programme watched (i.e. the quality of the viewing). This has hardly ever occurred in the field of gerontological research (apart from media research).

Although the categories already named - frequency, intensity, and qualities of leisure activities are of central significance, we must also mention those which can be classified according to, for example, the place and time of leisure activity, its social context (alone or with others), the purpose it fulfills (e.g. collecting objects), or the mental or physical activity involved. One can also imagine leisure activities which are "active" or "passive", and a range of other criteria for classification, some of which have already been described (Schmitz-Scherzer 1974).

Like "popularity" of leisure activities, leisure interests also play a part within our framework, even though the collection of data about interests and desires does not yield any data which are sufficiently certain to enable measures for the planning and implementation of leisure facilities to be derived. It is indeed fairly uncertain whether the desire for a certain leisure facility, such as a particular sport, would, in fact, lead to the corresponding activity were to become available. For this reason, in any investigation which is relevant to planning, the leisure wishes can only be considered in relationship to the actual leisure activities practiced and to determinants which are yet to be named. According to this the corresponding activity does not automatically follow an interest or desire, but at best only in an extremely complex and not easily predictable way.

Different studies on people of the older generation exhibit a surprisingly wide range of leisure activities. An investigation by EMNID/SVR (1971) shows that, from 23 leisure activities, only six were not practiced by 60% and more of the people of this age group. It also shows that social contact such as, for example, being together with friends, family and relations is carried out often or very often by between 24% and 59.7%. The relevance of social contact cannot here be derived solely from these characteristics which involve direct contact, but also from those concerned with areas which are often connected with contact, such as going to concerts, to the theatre or the cinema, watching TV or going for a walk.

It is also possible to deduce from these data that many municipal leisure facilities are utilized more or less regularly by old people. This degree of use is surprisingly high and in no way corresponds with the preconception that there is a reduction of activity in the leisure sphere in old age. It rather seems that a restructuring and a shift of activities develops. It may be concluded from this that, apart from the creation of specific facilities (such as senior citizens centres) planners must also bear in mind the other leisure facilities and opportunities in a town, since they, too, are partially used by large groups of old people.

People of this age group often name the mass media along with more specific hobbies such as gardening and handicraft as frequent leisure activities.

One particular problem area is sport. Although it is greatly desirable that old people take part in activities which are beneficial to the health, very few old people make use of the facilities which, here and there, are already manifold.

With regard to the most central and most frequently practiced leisure activities in the older generation it has been found that these are the mass media (watching TV and reading the newspapers), going for walks and making contact with other aging and old people.

It can also be seen that, as a rule, the results of widely differing studies come to quite similar conclusions. Considering the different questions and methods employed this is surprising and, according to an idea of Scheuch (1968), shows that the activities listed here are fairly stable and represent those which have little scope for change with regard to their frequency, intensity and quality.

One comparison showed little difference between the leisure activities of those people aged between 55 and 64 years and those of 65 years and older. On no account is it possible to talk of a falling off of the practice of leisure activities. Thus, according to the statements made, the younger generation spends more time doing repair jobs, going to the theatre and being with friends. They also, amongst other things, go to concerts more often than old people. These, in their turn, read more adventure books (thrillers), practice more handicraft and spend more time learning about politics and culture.

Comparisons indicate in many cases a lowered frequency of leisure activity in old people. However, these "reductions" can be explained as a result of social, financial and health changes rather than as a result of chronological age. For example, the social situation of an aging person changes when the grown up children leave home. The financial position changes through the reduction of income at retirement and the health situation is altered by the greater tendency to illness and the longer time necessary for recovery.

Comparing these findings with those for younger people, we can sum up by confirming that there is, in principle, no great change in the leisure sphere. It is apparent that after retirement existing interests tend to be followed up, but that completely new leisure interests or activities are not developed (although this does not exclude the possibility in general that new interests may develop in old age).

3.4.1 Where do Old People Spend Their Leisure?

The part which the home plays as a place of leisure can be made clear by an examination of what has gone before. Reading, listening to the radio, watching TV are mostly carried out at home. Gardening will, in general, be carried out in the garden adjoining the house and less so in a distant allotment. Walks will take place in the close vicinity. Visiting, sewing, handicraft and similar activities are also closely connected with the home or that of those who are visited. Thus most of the available time and therefore most of the time which we are

describing here as leisure time is spent in and around the home. For this reason it is very important and perhaps even more important to the old people themselves that their homes are tested, planned and built for leisure suitability than that all planning activity is channelled into the construction for facilities for outdoor activities or for activities in centres for senior citizens.

In spite of this clear dominance of the home as a place of leisure for the older generation, the relevance of the other locations where leisure time is spent must surely not be under-estimated (cf. Table 16).

Table 16 The answers of 222 men and women to the question "Where do you mainly spend your leisure on working days and on Sundays and holidays?"

location of leisure activities	working days	Sundays/ holidays
at home (indoors)	56.7	55.8
in the garden	9.7	2.8
at home (no other information)	2.8	1.4
in clubs or association	4.1	1.4
in public houses	1.8	0.0
on walks, hikes or tours	3.4	27.6
in the home of relations	5.7	4.1
in the home of friends	1.4	2.8
other	14.4	4.1

(Schmitz-Scherzer 1975)

3.4.2 Whith whom do Old People Spend Their Leisure?

Most leisure activities are connected with or themselves constitute social contact. Old people also cultivate social contact although there is a noticeable tendency for them to turn their contact towards the family sphere. This can certainly not be explained by the increase of age alone, but is rather a result of the change in the situation of old people themselves; some contact partners die, and a place of work is no longer available as a source of contact.

Table 17 Social partner of 220 men and women when going to the theatre, cinema or a concert

principal partner	cinema %	theatre %	concert %
none	26.0	21.6	23.9
family	12.0	16.8	15.6
friends	1.7	5.4	3.3
acquaintances	5.1	5.9	7.8
other	-	0.6	-
hardly go, no adequate answer	65.1	49.7	49.4
can't really say, don't go	99.1	100.0	100.0

(Schmitz-Scherzer 1975)

3.4.3 Leisure Facilities for Old People

To describe the leisure facilities for older people would involve first of all reporting on all leisure facilities available in any specific place, since aging and old people in principle can go to all leisure locations and do so more or less in great numbers (if one discounts specific locations such as discotheques, certain sport centres, etc). It is clearly impossible to do this here. We want here rather to pick out and demonstrate the part of the facilities directed at old people which are relevant to leisure. It must not be forgotten in doing this that older people, like the younger people, have many more opportunities for leisure than those considered here, and that they make active use of them.

The facilities offered to old people have different aims:

- to inform, orientate and advise
- to make possible, to stabilize and to widen social contact
- to make possible, to stabilize and to widen participation in cultural life
- to make available occupational facilities
- health care and health aid, including facilities for movement, gymnastics and sport.

Besides this the following categories of facilities can be discerned:

- facilities for the cultivation of social life
- facilities for education, leisure and hobby
- old peoples workshops with hobby facilities
- old peoples recuperation, holiday and travel

These facilities are to be described in the following:

All the facilities mentioned above are strictly speaking facilities for the cultivation of social activities, although at first sight they may appear to be something else. Many of these facilities are made available to old people in old peoples clubs, old peoples day centres, old peoples circles, etc. or themselves present the opportunity for making contact even when they do not directly demand it (e.g. in services offered).

Educational-, leisure- and hobby facilities form without doubt the largest group of activities of different organizations in W. Germany. In Sweden this form of facility is even more extensive in that the colleges of further education are fully integrated into work with old people, and apart from this, there seems to be a supply of correspondingly qualified people available. In W. Germany the integration of the colleges with old peoples work, though greatly to be desired, is only in the initial phases.

Old peoples workshops with hobby facilities are naturally of a more "leisure" nature than a serious or "business-like" character. Their significance can be equated with that of educational-, leisure- and hobby facilities apart from the dominance here of the handicraft-and "making things" component which contrasts to the often all too passive nature of the former. They are often coupled with old peoples clubs.

There is in W. Germany a great wealth of experience in the possibilities for the planning and running of old peoples recuperation. It usually serves, besides recuperation, the provision and cultivation of social contact and the activation and support of a consciousness of ones own worth, and its significance must not be underestimated.

As has been mentioned before, those facilities offered specifically for leisure by the so-called public works for the aged vary greatly in structure and therefore exhibit great variety. Since one cannot regard simply "old people" as the target of these measures, but must reckon with many heterogenous sub-groups within this age group, it is necessary to synchronize the facilities to the specific needs and wishes of these sub-groups.

It must further be considered that up till now only 6-15% of old people are reached by these facilities. This low figure is certainly caused by organization, but also by the type of facility and other factors. It would thus seem to be an urgent necessity to offer a wide distribution of facilities with optimal access and in accordance with the wishes of future users. A broad scale of facilities of this nature could also cover more compact targets within the public work for the aged.

In this connection it must, of course, not be forgotten that a great number of old people organize their free time relatively independently from the facilities represented here. The organized facilities mentioned up till now can extend the leisure sphere of older people, but should never make individual initiatives impossible, or exclude private initiatives. It is a matter of offering old people suitable facilities for expanding their capability of organizing their leisure.

3.5 THE DETERMINANTS OF LEISURE FOR AGING AND OLD PEOPLE

The question as to the determinants of leisure is one which is often posed. The sociologists used mostly to answer it by stating that knowledge of sex, age, education and family situation is sufficient for a fairly accurate prediction of the leisure behaviour (Scheuch 1968). This is, of course, not the case.

Such factors as family situation mask such heterogeneous lives that these characteristics can at best serve a labelling function, and can thus only be used as a very broad category. The determinants of leisure must be regarded as being much more complex, and, according to the latest discoveries, as stemming from widely differing areas. It may also be supposed that leisure research will discover more determinants, and also give more precise definitions of those already known. For this reason a concept of the determinants of leisure can, at the moment, only be of value for the purpose of orientation.

Leisure stands here for the whole complex of this behavioural field to which needs and desires belong as motives, just as much as observable behaviour. Finally, the actual experiencing of leisure must be mentioned. If, on the one hand, it has to be regarded as a more subjective-cognitive component of leisure behaviour, it may also, according to its quality, claim a motivational character (Tokarski 1979).

The extent to which the components of leisure mentioned above are influenced by the same determinants and to the same degree is as yet unclear, and constitutes a theme of both current and future research. For this reason the following concept of the determinants is more or less restricted to leisure behaviour.

Among the determinants the following broad categories can be distinguished:

- ecological factors (domicile, fittings, availability of leisure facilities)
- socio-economic and social factors (income, education, views, etc.)
- personal determinants (health, intelligence, etc.)

The heterogeneous nature of the individual determining influence is reflected here quite impressively. Empirical material can be accumulated for the individual determinants. This is, however, only possible to a limited extent in many cases, unfortunately, as leisure scholars have not, as yet, systematically dealt with many aspects of a concept of determinants of leisure in old age of this sort.

3.5.1 Ecological Determinants

The influence of the region and the domicile on the leisure behaviour of older people has hardly ever been the object of investigation. In this sphere we are consequently more or less dependent on assumptions. Of course, these must take into consideration the generally wider range of leisure facilities in the town, but, on the other hand must also consider that in the country the natural leisure facility (garden, landscape, etc.) and also the social integration of old people is, as a rule, more predominant. This is, however, dependent on specific regional circumstances. At the same time, just in the case of the ecological determinants of leisure, confusion with social characteristics, such as education and income, are to be found. This is especially clear in the question of the influence of living conditions and the home on leisure behaviour. Both the type and the size of the home as well as its location are mostly determined by the social status of the person involved. It is therefore no wonder that we find similar leisure patterns in people of high social standing and those in larger homes in more "desirable" neighbourhoods: they are more active and interested in the leisure sphere than those of lower social standing and those in homes in the poorer districts.

Older people who move to a new home usually find it more difficult to make new contacts than young people.

For older people institutionalization often means a reduction in leisure activity. Since most older people usually enter an institution only when they have a health problem or when they have suffered a social burden, such as, for example, the death of a marriage partner, the effect of institutionalization must be seen against this background. This reduction of leisure behaviour of those who move into an institution is hardly ever seen in those who move into so-called old peoples flats.

3.5.2 Socio-Economic and Social Determinants of Leisure Behaviour

The socio-economic determinants represent a particularly important group in the framework of the determinants of leisure behaviour. It is clear that discussions of this subject can only be carried out with reference to our social system and the overall economic situation. Even though we do not know precisely how the historically evolved facts of social life and the structural metamorphosis of society over the last 100 years is related to the problems of leisure discussed here, we must certainly not regard them as being independent of each other.

3.5.2.1 Income

Andreae (1970, p. 154) stated the following: "It is clear that the income available for leisure differs greatly according to age and profession or total income". However, because of specific habits of consumption the older generation is being courted more and more by industry. After all, old people may have anything up to DM 200 per month available for leisure purposes (Society for Consumer Research, cit. Andreae 1970). Of course, this income must be considered in relation to the practiced profession and the overall social status. It is only this aggregation of characteristics that gives us the well known picture: assuming that the state of health is good, the more active old people in the leisure sphere are those with a better education and the corresponding professions, those with more money and those who are socially integrated. The investigation on the part of the City of Braunschweig (1971, 1971) shows the following: "Participation in public and cultural life is clearly also determined by available income. Whether it is a question of entrance fees, money for suitable clothes or transport costs that is the determining factor lies beyond the scope of this investigation".

According to these findings visiting is also strongly influenced by income. Over 80% of men with an income over DM 800 per month go visiting compared to a mere 52% of those with an income below DM 500.

However, if only a small portion of this income is available for leisure, when aging and old people have to budget on a small pension, then their leisure problem is a financial problem and can be tackled from this angle. Leisure only starts when a leisure budget is available.

3.5.2.2 Education

It is known that education influences, among other things, media consumption. Most findings show that higher education goes hand in hand with a reduced use of television and radio, whereas the daily paper is read more, as are books and magazines. Higher education usually concurs with active participation in sport and visiting, while those found visiting municipal green zones and parks often have a lower education standard (City of Braunschweig 1971).

People with high school graduation (Abitur) or who have been to university are the most active in the leisure sphere with the exception of gardening, which is practiced more by those with only primary school education. This general trend is one of those most often confirmed in leisure research.

It must, however, be emphasized here that, as a rule, education is closely linked to profession and general socio-economic position, and influences leisure behaviour in this connection. Thus many investigations give a one-sided picture when they examine the influence of education on leisure behaviour independently of the other characteristics listed.

Since there is, as yet, no generally recognized criterion in the social sciences for the social status of an individual in society, it is often thought better to test single socio-demographic components of this group for their suitability for use as determinants of leisure behaviour, which then involves the neglecting of their interdependence with other characteristics.

3.5.2.3 Profession and Working Life

The job or profession appears still to play a certain role in the leisure behaviour of retired men. However, existing differences can generally be tracked back to the general situation or the training period rather than to the profession itself. It is possible that the actual experiencing of the working situation itself is more important than what the work is (Tokarski 1979). The relevant literature reports a large number of differences in the leisure behaviour of the members of different professions (Schmitz-Scherzer 1974). White collar workers read more than blue collar workers; they travel more and go for walks more often. They are, furthermore, less

active in clubs, watch less TV, go to the cinema less and work less in the garden. White collar workers go to the theatre more often and read the daily newspaper in greater depth and more often.

None of these differences, which were mostly established in representative surveys, could be found in a sample of people aged 60 and over (Schmitz-Scherzer 1968). Of course, the hypothesis that there is a lessening of the clarity of distinction of professions in old age would require the support of further investigations. Be that as it may, these results can be regarded as an indication of the effect of other factors of the individual situation on leisure behaviour in relation to the determinant "profession".

One effect found by Lehr (1963) in white collar workers who were still working could not be found. This was that those who professed a high degree of job satisfaction tended towards a more passive form of leisure behaviour, such as reading, listening to the radio, etc. whereas those who were dissatisfied with their jobs tended to turn with a more intense self consciousness to a hobby demanding a relatively high degree of dedication. The experiencing of a job - seen retrospectively - and the reaction of people on retirement hardly differentiated leisure behaviour at all, according to an investigation by Schmitz-Scherzer (1968). These findings accord with those of Ten Have (cit. Lehr 1963) who in 1959 spoke of a reduced correlation between profession in older people as compared to younger. It appears that in the case of older people the relationship of job to leisure is not so clear as has mostly been indicated before now. According to this we may imagine that this relationship can be represented quite differently according to the chronological age and general situation of a person.

From what has gone before it may be assumed that, for the mainstream profession, the influence of the intervening variables related to the profession are levelled out in old age. Weber (1963), on the other hand, rightly points out that through the achievement of a certain social status and the financial benefits, a profession certainly cannot fail to influence the leisure behaviour and leisure experience and that the effects of these factors can be adequately proved.

In this connection we can also establish that there is apparently no greatly restructuring of leisure behaviour on retirement. People read more, mainly newspapers and magazines, and go for walks more often. There is no search for hobbies at the start of retirement, only an intensification of activities already present and the activation of interests (Schmitz-Scherzer 1968).

Retired people - especially the so-called middle class - go for walks more often, read more magazines and that in greater depth, and in general read more books and newspapers.

In general it can also be observed that, with retirement, no new leisure activities are taken up which were not practiced previously or which had not been kept in view before. Rather those activities which were practiced before are intensified and extended - for example, a garden lover may turn to rose cultivation in old age. It is also possible to observe that leisure activities which have always held the interest of the person are activated. Thus the advice to take up a hobby on retirement is inadequate. If no leisure interest or activities are present, then dissatisfaction or boredom will result, or else reading the paper, watching TV or going for a walk will be taken up as general activities and more individual leisure activities will be renounced. In this context it is possible only to speak of activation, intensification and extension or restructuring of those interests already present and not of the taking up of completely new interests and activities.

It must not be forgotten in this connection that many authors believe that they can identify a strong orientation to work and profession in old people to the detriment of their leisure orientation. From findings such as these, one may suppose that many old people wish to continue working because they are not prepared for life without a job, and do not know what to do with their free time. Only 25% of people over 60 years said in one investigation that they lived for their leisure time (BZGA 1981, p. 18). The results of work by Havighurst and de Vries (1970) propose the additional assumption in this context that some professions tend to lead to a continued engagement after retirement more so than others. In an international survey they found that are more likely to remain engaged in or connected with their profession and the role it entails than are, for example, steel workers. We must, however, consider that this different picture amongst others must rather be considered as being consequential to education rather than profession. The same picture can in general be found in various investigations on retirement among white collar workers and blue collar workers. The latter all show a lesser inclination to continue working beyond retirement age than teachers (Dreher, Lehr 1969, Dreher 1970).

3.5.2.4 Family Situation

The question of the effect of the family situation on leisure is regarded by most sociologists as a question or the effect of the marital situation on leisure. Clearly this is only one aspect which does not allow us to make any assertions about the "quality" of a family, for example, as it might be expressed by contact within the family and the degree of satisfaction with the family situation.

Most leisure time is spent at home, that is, within the family circle. This fact is somewhat modified by the size of the family; the bigger the family the greater is the tendency to spend leisure time outside the home.

The three generation family is, today, one of the rarer forms of family life. However, if the children live at home, the older people tend to visit less (City of Braunschweig 1971). There seems to be a general tendency for older women in this form of family life to find many leisure wishes unattractive. We thus find all too often in her case that a strong connection to the family means relatively little leisure activity. It is not possible to say whether this is merely suppressed or whether it is subjugated to the family as a result of her role consciousness, which is often to be found.

Married people are more active in their leisure behaviour than single people (Riley, cit. Goeres 1971). On the other hand we sometimes find activities which are more often practised by older women who are widowed or divorced than by their unmarried counterparts (Schmitz-Scherzer 1968). These mainly include club activities and frequency of visiting among the female interviewees of the middle class. This also points to the relevance of the general social situation.

Schmitz-Scherzer (1968) was able to show that the grandparent role - especially in the case of men - exercised a leisure-stimulating effect. When there is frequent and intensive contact with the grandchildren greater contact with other people is also found, for example with friends, in clubs, etc.

An intensification of leisure behaviour in the case of women is mostly observable when there is frequent contact with relations. Friends and neighbours are visited more frequently and a generally higher degree of sociability is recognizable.

3.5.3 . Personal Determinants of Leisure

The determinants which can be included under this heading are many and varied and are of a differing theoretical and practical importance. What they have in common is that they may be ascribed to the individual as a special characteristic, since they attempt to describe him.

If Havighurst (1957) was able to establish the relevance of the relationships of personal and social variables as factors influencing the leisure behaviour of adults, then it is incomprehensible that just this aspect has hardly ever been investigated in the previous leisure research in this age group.

In this context, personality can be regarded as a complex of characteristics which have been formed in the course of a lifetime through the influences of the environment and, to a lesser extent, hereditary factors, and which are relatively stable. There is a good reason for the fact that one repeatedly observes in old age a continuance of leisure activities and a activation of leisure interests formed in early adulthood. Such styles of leisure are extremely stable and often have a specific connection to the life style in general (Havighurst and Feigenbaum 1959).

According to this, leisure is not merely an aspect of the social situation and the individual behaviour of the person but also an aspect of his personality. Needs, personal life and the social situation are closely connected in this matter. In all events the personality - as it may be described by psychology - cannot be in leisure research (Havighurst 1957).

Connections can, for example, be found between intelligence and leisure behaviour in older; the more intelligent a person is the more he travels, the less he goes to church and the more active he is general in the leisure sphere. Reigrotzki (1956) also discovered reduced church-going in people of higher intelligence. Schmitz-Scherzer (1968) also showed that the intelligence tested did not differentiate the frequency of reading but the material read. More intelligent people read more travel reports, text books, political books and general fiction and less literature of the romantic and trivial variety.

The more dogmatic a person is the he reads, goes for walks, travels or reads the newspaper. The one thing he does more is to go to church. In general such people tend to exhibit less leisure behaviour than those who are less dogmatically oriented (Schmitz-Scherzer 1968).

The basic temperament and the activities appearing in the behaviour in general seem to have a stimulating effect on leisure activity. The same is true of the degree of satisfaction with the life situation in general: if this is relatively free of conflict then we tend to find a well-differentiated active type of leisure behaviour (Schmitz-Scherzer 1968).

3.5.4 Sex

In all generations sex is one of the strongest determinants of leisure behaviour. Amongst the older generation men report that they have more leisure time than women. This difference between the sexes alone shows - as do all the other differences that the differing leisure behaviour is based on social rather than biological

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differences. The older woman has more to do about the house than the man, and, because of her upbringing and social standing, dedicates herself willingly to this task. She even regards this role as the only one really suitable for herself although this is generation-specific, and there appears to have been a relaxation of this behaviour in the younger generation. The retired man has simply less to do in the household (even when the grownup children have left home).

Corresponding investigations showed a whole series of significant differences which may be summarized as follows: the activities practised more often by women include, going to the theatre, listening to the radio, visiting, doing things with other people (who do not usually belong to the nuclear family), writing letters and several activities which will be discussed later. On the other hand they have a reduced tendency to keep animals and to make music. Other activities which are carried out more often by the men we interviewed are: reading the paper, going for walks and going to public houses. In general men seem to be more active in the leisure sphere than women. This may be a result of the greater time span available to men (Schmitz-Scherzer 1974).

If we take a more differentiated look at the leisure activities of men and women we discover highly interesting aspects in relation to the use of the mass media. Women read more romances and other light literature. They do not read the newspaper as much as men and are more interested when reading the paper in the local news, the serialized novel and the feature section. In contrast, men are more interested in world affairs. The same tendencies can be found in the use of radio and TV (Schmitz-Scherzer 1968).

Women tend to spend their free time on Sundays and holidays with friend, acquaintances and relations and less with close family members as men do. The same is true of working days. On working days they are also more likely to be found in the homes of relations, friends and acquaintances than they are to be found outside, going for a walk as is the case with men.

In sum we can say that sex is a very important determinant of leisure behaviour, even among the older generation. At the same time social factors such as marital status and living conditions play a disproportionately large role compared to biological factors.

3.5.5. Health and Leisure Behaviour

The state of health represents one of the most important determinants of the aging process, yet we must differentiate from a psychological point of view. We have discovered that the objective (i.e. as diagnosed by a doctor) state of health does to some extent have a different effect on the aging process than the subjective state - i. e. ones own feeling of being ill or well. It was thus observed in our investigation (Schmitz-Scherzer and Lehr 1971) that only 25% of those interviewed agreed in their view of their own health with the doctors assessment. About 50% over-estimated their own state of health and about 25% under-estimated it (as compared to the doctors diagnosis). What then was the effect of these two characteristics of individual health?

The objective assessment of health as diagnosed by a doctor showed an effect on the mental sphere only when obvious handicaps and limitations appeared. This led to a loss of points in the intelligence tests. We also found a generally depressed mood and a pessimistic view the current situation. In such cases, admittedly, the subjective view of the health situation also tended to be negative.

This subjective view of ones own health situation is, on the other hand, also dependent on the total life situation of the individual. The previous life experiences, the personality structure, the inner and outer circumstances of the current state of living with its social relations as well as the type and extent of the individuals orientation to the future, all influence the degree of the subjective feeling of well-being. The importance of this attitude to ones own health is conspicuous. In the Bonn Longitudinal Study on Aging (Thomae 1968) it was shown that relations between the subjective feeling of well-being and the characteristics of ones own situation occurred mainly when a view of ones own personality was being dealt with. This was described as better orientated towards the future, satisfactorily integrated in social relations and more active in leisure behaviour if a more positive view of ones own well-being was present. People who report health handicaps travel less, keep less contact with acquaintances and, in general, lead a less active leisure life (Schmitz-Scherzer 1968).

The state of health as established by a doctor, of course, is also related to mental characteristics as we have shown above. In addition there is the fact that the older people get, the iller they tend to become, which is shown by the number of doctors diagnoses per person. Without wishing to under-estimate these facts we would like to point out that, apart from the state of health, the social and economic aspects of an individual situation also determine the aging process. Pre-conceptions of society and the individual view of ones own person and ones situation influence people behaviour along with their objective state of health. It is thus possible that the attitude to ones own state of health often decides in what way a personality will accept an illness, and live and cope with it.

However, in the case of old people we see relatively little relationship between the doctors diagnosis and leisure behaviour. Only when severe and obvious handicaps occur does this relationship become clear, as a reduction of leisure activity and of leisure in general.

The study of the City of Braunschweig (1971) shows very well that above all difficulties in walking contribute to such a picture. It was also seen that those who have difficulty in climbing stairs hardly do any visiting. According to the same study health problems are the most significant hindrance to travel and holidays.

3.6 SUMMARY

Against a background of a systematic collection of findings related to this matter, leisure behaviour can be represented as a sphere of behaviour which is determined by aspects of social life, finances, ecology, personality-, social and developmental psychology on the one hand, and by health considerations on the other. The great number of relationships found between these determinants and leisure behaviour makes even a survey of these difficult, all the more so as there does not as yet exist a theory of leisure which makes it possible to incorporate these results. It is true that the literature does contain a few attempts at such a theory, but none of those known to us seems to be, on the one hand global, and on the other hand differentiated enough to assimilate the complexity of leisure behaviour, and above all the structure of the relationships of this field of behaviour to its determinants.

3.7 THE ROLE OF LEISURE IN THE LIFE OF THE OLDER GENERATION

The aging or old man lives without a job. Does this mean that he has absolute leisure? The aging or old housewife experiences a reduction in her household. Is she on the way to absolute leisure?

These questions only make sense if we define leisure in contrast to work according to the formula:

Leisure - Total time - Working time.

A definition such as this, however, is artificial and only makes sense within the framework of empirical research, but not in the context used here. Life in old age is life without work, and yet is under no circumstances absolute "free time". Many duties and obligations remain, as do many activities which cannot be defined in the sphere of leisure - sleeping, personal hygiene, eating, waiting, shopping, etc.

A second similar answer to the questions posed at the beginning of this contribution can be derived from a study of the function of leisure. According to this, leisure has three main features:

- recuperation, recreation
- compensation for unilateral stress
- information and orientation.

All functions of leisure are important both for working people and for pensioners. They all need recreation and recuperation, they all have a requirement for information and orientation, and they must all compensate for unilateral stress.

Apart from this, leisure in old age must take over some of the functions previously fulfilled by work. Thus leisure must, amongst other things, provide a source of self respect and the respect of others and also a basis for the regular structuring of everyday life.

In this respect we must regard leisure as a sphere of life which is always closely bound to the individual and his situation. Retirement, of course, offers, from the point of view of time, more leisure, but under no circumstances is experienced purely as leisure. This leisure is as "free" as the individual and as "absolute" as the situation allows.

4. RESPONSIBILITY FOR LEISURE FACILITIES FOR THE OLDER GENERATION

In W. Germany responsibility for leisure facilities is to be found on many levels. In general the church, clubs, universities, independent welfare associations, various interest associations, such as trade unions and private and public foundations, amongst others, appear alongside the local communities and the federal states as representatives. In accordance with the subsidization principles of the social legislation in W. Germany, all these representatives receive money from public funds, i. e. from the "Laender" or the state. The programming of the facilities, however, occurs directly through the representatives in the framework of the existing laws.

*** Federal state**

The state usually only appears alongside others as a financing party in the case of experimental projects.

Apart from these one may also observe commercial facilities from firms who offer such things as day trips or "coffee outings", for example.

However desirable the variety of those offerings and paying for facilities and thus the variety of the facilities themselves might be, there does remain a problem. This is the splitting of the generations by the provision of senior citizen programmes in which almost exclusively old people take part. Only slowly are inter-generation programmes being devised and implemented. This is one the most important tasks for the future.

5. THE NECESSITY FOR FURTHER FACILITIES

An expansion of facilities is hardly necessary in terms of content, but in terms of regional distribution. There are areas in W. Germany which are under-supplied with leisure facilities or which are supplied only in an unbalanced way.

Apart from this, deficits in the training of staff become obvious. The theme of leisure plays a very subordinate part, if any, in the individual training programmes. This is a field in which there is much lost ground to be made up.

6. THE THEME OF FUTURE RESEARCH WORK

There is a particular lack of specific studies (including multidisciplinary studies) of the individual questions within this theme (e. g. old peoples trips, etc.) or about the individual groups of old people (e. g. old living alone). The potential of surveys, on the other hand, has been and still is being exploited to the full.

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**RECREATION AND ADULT EDUCATION
THE CASE FOR COOPERATION**

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June, 1980**

Is recreation solely physical activity, supervised by Parks and Reserves? Do books have a place alongside the track suit? I hope that this offering broadens the definitions somewhat, because if it does, so it will help to end the feeling of job isolation which many recreation officers feel.

I also hope that it does not seem too wordy. It is impossible to discuss new concepts in old terminologies without having them sound like warmed up leftovers from yesterday, which is why Learned Papers are so unpalatable to most of us.

In agreeing to contribute to this volume I was prompted by a growing concern over "recreation and leisure" as they are currently understood in New Zealand. The dictionary definitions seem to bear out the sense that education organised or undertaken as part of a recreation programme can only be a "fun" activity or a spare time distraction. It often seems that "leisure" and "recreation" are meant to be contrasted with "work" and other "serious" pursuits. There is also a suggestion that they represent time which has been "earned", time in which to re-charge the batteries or gather new strength for some other, over-riding purpose in life.

I suggest that these are inadequate definitions for the beginning of the 1980s. During the 1970s, from the publication of the "Lifelong Education" report by the NZ Commission for UNESCO (1972) to the appearance of the UNESCO Recommendation on the Development of Adult Education (1976), a marked change has taken place in how educators view lifelong learning. Those working in recreation or community service jobs need to be aware of the newer definitions and better understood learning processes, which can truly be seen as personal or social recreation.

Learning is a vital and lifelong process, something which makes possible the full development of the individual, whether at work or play, in public or in private life. Recreation officers, school teachers, community development workers, farm advisers, detached youth workers, social workers, cultural officers, training officers and adult education tutors are all resource people who can assist in this process, and they should aim at doing it with a modicum of orchestration rather than as a straggle of soloists.

A recent (1977) report from OECD, "Learning Opportunities for Adults", suggests that adult education should be an important tool for developing and implementing policies of social or economic development. If this approach is accepted for New Zealand, it will require sound Manpower Development policies, something which we do not yet have. It will also require a better grasp of the Lifelong Learning concept, so that we aim at achieving sound social and economic development by encouraging individual growth rather than by delivering hammer blows of "public education" which sometimes veer perilously close to exercises in propaganda or social control.

UNESCO agrees that adult education "should contribute to the economic and social development of the entire community". The important point is that it should make this contribution, not as the result of something "done to" the community, but as a natural outcome of the free growth and development of individuals within that community.

The UNESCO Recommendation, adopted by the General Conference at Nairobi in 1976, is a challenging and revolutionary document. It sees adult (or continuing) education as an integral part of a global scheme for lifelong education and learning, and suggests that such a scheme should both restructure the existing educational system and also develop the entire potential outside the education system. In simpler terms, we not only want to see every school a community school, but to see non-formal learning taking place in the work place, in our homes and throughout the community.

One simple way of dividing up educational activities, in order to understand them and develop them more effectively, is to distinguish between formal, non-formal and informal learning. The OECD study does it in the following way:

"For the purpose of surveying non-formal educational programmes in developing countries, the International Council for Educational Development (ICED) defined informal education, formal education and non-formal education as follows:

- Informal education... is the lifelong process by which every person acquires and accumulates knowledge, skills, attitudes and insights from daily experiences and exposure to the environment - at homes, at work, at play: from the example and attitudes of family and friends; from travel, reading newspapers and books; or by listening to the radio or viewing films or television. Generally, informal education is unorganised and often unsystematic; yet it accounts for the great bulk of any person's total lifetime learning including that of even a highly "schooled" person.
- Formal education... is, of course, the highly institutionalised, chronologically graded and hierarchically structured "education system", spanning lower primary school and the upper reaches of the university.
- Non-formal education... is any organised, systematic, educational activity carried on outside the framework of the formal system to provide selected types of learning to particular sub-groups in the population, adults as well as children. Thus defined, non-formal education includes, for example, agricultural extension and farmer training programmes, adult literacy programmes, occupational skill training given outside the formal system, youth clubs with substantial educational purposes and various community programmes of instruction in health, nutrition, family planning, co-operatives and the like."

UNESCO does not extol "vocational" education at the expense of "non-vocational", but states that the full development of the individual will encompass both. For the State to divide resources unevenly between the two is to create a dangerous imbalance in society. Decisions on learning targets should be left to the individual, programmes should be developed by aggregating the needs expressed by individuals, and the highest priority should be given to aiding the most educationally underprivileged groups "within a perspective of collective advancement". Those who have had a successful experience in compulsory schooling are usually those who take fullest advantage of further opportunities, in work, recreation or in adult education; they should not be denied such opportunities, but there is a need for affirmative action and an outreach by those organising such activities if there is to be effective equality of opportunity within society.

The principles stated so far have been accepted by a number of progressive people in New Zealand education, but they are working within systems which have developed without the benefit of this broad overview, and systems take time to change. To look pragmatically at postcompulsory education as it is done in New Zealand today, it is probably worth while to look at the various provisions under some subheadings. I offer a set of definitions developed in a recent policy statement by the government of British Columbia:

* P.H. Coombs and Manzoor Ahmed, *Attacking Rural Poverty: How Non-formal Education Can Help* (Baltimore, 1974), p. 8.

" Continuing education programs, sometimes referred to as adult education programs, encompass a wide range of subject matter but will be classified into six main types: adult basic education, community education, general interest education, continuing education in business and the professions, academic-technical and vocational.

Adult Basic Education programs comprise a cluster of activities which focus on the needs of participants to acquire the basic skills of reading, writing, spelling and computation which are required by all adults to function in a complex society. Current approaches also emphasize additional skills and abilities which adults require to function adequately in their everyday roles as citizens, parents and workers. These programs are found under the general category of adult basic education, and include basic literacy, basic training for skill development, secondary school completion, English as a second language, citizenship training and adult special education.

Community Education comprises processes and programs by which individuals or groups are assisted to identify, assess and meet their learning needs in order to improve the quality of individual and community life.

General Interest Education programs cover a wide range of educational activities pertaining to applied personal skills and effective use of leisure time for personal development. They seek to develop the individual's capacity for effective use of leisure time and to create opportunities for adults to explore new interests and develop new skills.

Academic-Technical Education is offered in a wide variety of sub-fields in the sciences, humanities and technologies. When such programs are provided by continuing education organizational units, they tend to serve clientele who are not normally served through daytime, campus-based courses. Academic-technical programs delivered by continuing education units typically serve part-time students in the evening or on weekends, either at a main campus or off-campus location.

Vocational Training provides marketable skills for participants over a wide range of vocations where basic training or upgrading is required. Such programs offered by continuing education units tend to serve participants through part-time study or in short periods of full-time training. Vocational programs are offered in a wide variety of settings, both within educational institutions and off-campus in the community or in business and industrial settings.

Business and Professional Continuing Education programs are provided to improve or refresh the knowledge and skills of persons who work in those fields. The intent of such programs is to ensure that business and professional people maintain high standards of practice which reflect the most recent advances in knowledge and technology.

Thus far, I have divided the field of post-school learning by styles of delivery and by types of programmes. However, in the final analysis a learning experience can only be categorized by the motivation from time to time of the individual learner. The best we can do as workers in the field is to provide a flexible and responsive framework within which these individual needs can be catered for. No-one can say whether the hobby-class potter of today will be the export-earning professional potter of tomorrow; career changes are many and varied - from school failure to statesman, from bank clerk to avant-garde artist - and we can expect up to four job changes in a late twentieth-century working life; to build barriers and defend territories within lifelong learning is an absurdity up with which no able administrator should put.

Far from being limited to the period of attendance at school, says the UNESCO Recommendation, learning should extend throughout life, include all skills and branches of knowledge, use all possible means, and give the opportunity to all people for full development of the personality.

The role of recreation officer within this staggering task is an important one because the learning an groups programmes than individuals require especially those individuals who have had a negative experience of schooling or who are for other reasons educationally disadvantaged are best provided in non-formal settings, away from testing, streaming, curricula, examinations and qualifications, outside of impersonal institutions and time frames.

Learning must be made available to people and groups on their own territory, on their own terms and in their own time, and a wide range of people within the community can cooperate in planning and facilitating programmes which will meet these criteria.

Let me give two innovative examples which are being supported at present by the NCAE. Adults with basic difficulties in reading and writing - and there are more than 50,000 of them in this country are being helped on a one-to-one basis by volunteer tutors in their own homes, through a network of more than eighty community-based schemes. Informal groups within Maori communities are also forming to obtain basic Maori language skills, helped by volunteer tutors. Placing the needs of the individual first, and providing support at a neighbourhood level, outside institutions, is a system which is highly cost-effective, undramatic and successful.

A growing number of New Zealand schools is beginning to support this type of activity, on or off campus, usually through the motivation of educators who have accepted a wider role in the community. Sometimes there are financial or human resources available through central government or local bodies to support innovative and useful programmes; sometimes the resources have to be sought from benefactors, sponsors, volunteers and from the participants themselves. Whether public funds should support the entire range of activities or only those seen as "socially and economically relevant" is a continuing political debating point, but to the field worker in the community such distinctions are intellectually not far beyond the metaphysical arguments about how many angels may dance upon the point of a needle.

Historically, these programmes and activities take their lead from the extension classes of the universities and the growth of the Workers' Educational Associations from the early 1900s. The systems supported and controlled by the Department of Education have been permitted to interest themselves in this work for a number of years now, under a set of Manual and Technical Regulations, and some of them have produced varied and imaginative programmes far beyond their original scope. By the fostering of more innovative methods of delivery, by exchanges of ideas and by the evaluation and comparison of outcomes, the field of continuing education has broadened and diversified. It is still a long way from realizing its full potential, and

even farther away from receiving the modest flow of resources which it could profitably use, but it is energized by people - not necessarily professional or salaried - who share a vision of human development which is enunciated in the UNESCO documents I have referred to.

THREE "RECREATIONAL" ROLES FOR ADULT EDUCATION

In the field in New Zealand, as the National Council of Adult Education overviews it, a great deal of continuing education is being done as recreation. More education needs to be done about recreation and leisure as a lifelong, personal development process, particularly within schools. Also, a great deal is being done for recreation to expand it as an organized social service, such as with the training of sports administrators, recreation officers and community development workers. I will expand on each of these three points:

- Continuing Education as recreation may be needlework, or macrame, or astrology, just as much as orienteering or horsemanship. I think we are pretty well agreed today that recreation does not only happen when one is wearing athletic shorts and pungent liniments. It may validly cover navigation classes, war games, language studies or psychodrama, and may also represent an important and non-threatening re-entry into lifelong learning by those who have been separated from it for some time. In short, it is probably capable of being defined as anything a person is motivated to learn or accomplish, in a sequential process, which is not required of that person as part of a contract of paid or voluntary employment.

- Continuing Education about recreation is becoming increasingly important in socio-economic terms. The economics of recreation deals with the enormous social implications of increased (or enforced) leisure time, job-sharing occasioned by the technological revolution and the importance of Paid Educational Leave or formal re-training in industrial relations. An important question for New Zealand is whether the accelerated transformation of "work" will leave citizens to kill time outside the twenty-hour week as best they can, or whether there will be resources and facilities provided for them out of the public purse to make life outside of paid work a positive, growing experience. We must not let the non-work part of life become a social desert, nor turn it into a giant Butlin's holiday camp with drillmasters and martial music. The needed resources must be adaptable to the needs of individuals, families and other social groupings.

At present recreation advisers are finding that the words "recreation" and "leisure" are a sick joke to jobless people. A vocabulary change, an attitudinal change, and a policy change will be needed before they can do much organized personal growth.

- Continuing Education for the field of recreation is already being done, in both formal and non-formal programmes within tertiary institutions and other adult education programmes, although its importance to society in the 1980s is not yet widely recognized. The present learning opportunities range from formal university degree study to informal workshops and seminars at a regional or neighbourhood level. Between these extremes are Diploma and Certificate courses, usually modular and open-ended, which give credits for practical work and life experience as well as previous academic study. I believe that the best programmes of study being organized for recreation workers are aimed at allowing them to share a philosophy which will equip them to provide more meaningful leisure learning opportunities so that their clients may play a full part in social and economic development.

This range of educational offerings recognizes the meld of voluntary and professional workers in the field, a meld which may be an essential ingredient for social stability in post-industrial society. There are still some people who believe that no-one should be allowed to do community work without post-graduate qualifications and years of supervised experience, and yet there are scores of successful programme organizers and community workers who are totally lacking in formal qualifications. Every time we attempt to analyse tasks and construct formal training programmes for such work we tend to exclude from the resultant register of qualified facilitators the crop of self-trained amateurs who are often at the heart of the most successful programmes. It's more than a matter of a "grandfather clause" - it's the problem of theory vs practical as a principle of learning.

I seek neither to rank the educational offerings for recreation, nor to discount any of them; they indicate that there is a wide spectrum of work to be done, and that people with many differing skills and talents are needed to do it; most of the programmes are exemplary in that they do have a high practical, on-job learning content.

AN "EDUCATIONAL" TASK FOR RECREATION

As indicated a little earlier, many continuing education agencies and voluntary associations or clubs are active in recreational or leisure activities in their broadest sense. Some of them are frankly exclusivist, with high membership fees and other more subtle barriers to open participation. I like to think that these are in a distinct minority. Others enable as many people as possible to "do their thing" with unobtrusive support; good examples are the holiday programmes run in neighbourhood settings by the "Y", local bodies, art societies, school committees, community centres, or by an amalgum of such groups.

How they go about this is as important as why. Many of them are tending towards non-formal, non-curricular, experiential learning which is heavily client-centred and often facilitated by group interaction processes. A mouthful of jargon? Perhaps, but the polysyllables do indicate, in terms recognized by "the literature", that there is a definite process and philosophy involved, and not just a series of handy hints for tutors and programme planners.

I hope that the growing number of recreation or community officers who are being appointed will see that they have an important complementary part to play in this work. While the provisions of General Interest Education can fit easily into their job descriptions, I suggest that many of the types of programmes listed above under Adult Basic Education or Community Education, and quite a few under the other definitions, should be established and supported as community development or recreational provision, whether they are under the banners of educational institutions, local bodies or voluntary agencies.

An objection sometimes raised to this suggestion is the difficulty (largely semantic) of distinguishing between Community Education and Community Development. The only distinction I can suggest is an extremely narrow one. Community Development can be described as a process whereby people in a community organize themselves to undertake collective and cooperative action aimed at social change. Logically, Community Education is the process whereby they equip themselves with the knowledge or skills needed to reach such objectives. But, as much of the best non-formal education takes place through learning by doing, the two processes may sometimes be indistinguishable. However, where the educative value of community development is fully appreciated by the resource people supporting it, the groups involved may develop a recurring action/reflection cycle. The reflection process will involve evaluation of work done, planning for the next moves and an organized sharing of information and knowledge in a two-way exchange where those in the group will alternate in the "teacher" and "learner" roles.

A 1980 OECD report on "Interfutures", reported in the "OECD Observer", says that up to 15% of people in OECD countries are expressing a need for a forma of community in their lives which fills some of the social vacuum between family and nation - an indication that they refuse to accept the fragmented pattern of living which the Industrial Revolution has thrust onto westerns society. Is this not a valud task of re-creation?

Those working in recreation could usefully align themselves with those working towards more community participation in schools, better parent education and pre-school programmes, community education programmes for minority groups, a stronger women's movement and a broad range of other socially relevant action programmes and learning activities. Professionals, para-professionals and volunteers can contribute their talents towards the full development of this country's various geographic, ethnic and other communities.

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**THAILAND: COUNTRY REPORT
LEISURE AND AGING**

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Director-General**

**Department of Physical Education
THAILAND**



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INTRODUCTION AND OVERVIEW

1. What are the problems and needs of the population over 60 in Thailand at the present time? Old age is not itself a disability, a disease or cause of death. The majority of older persons retain their functional capabilities, especially mental and verbal, in spite of physiological changes and a decline in physical functions. In Thailand it is customary, even compulsory for government and other salaried employees, to retire from work at age 60. This reflects the Thai culture and custom surrounding the stages of the life circle. In the agricultural life, the aged are also relieved of the burden of heavy work but at a later rate than city group. They hold a position of special respect. It is considered the duty of the younger generation to revere and support them. The failure to do so is a serious fault and sin. To abandon one's elder relatives is all but unthinkable and would be a source of shame to the offender. In the traditional and still predominant rural way of life in Thailand, the older member of family and community is well integrated into the society, playing an active role and having his needs met in turn by members of family, the extended family and community. The routine lives of the aged are much concerned with religious activities. They give food to monks in the morning as well as in their leisure time. They go to temples to be given sermons. They could peacefully live in this spiritual society.

Later it is harder for man to live in society when it changes into industrialization; they have to struggle for their existence. More and more western culture overflows into the country. Material value is more influent than the spiritual one and this causes more competitiveness in life. The aged are gradually neglected, especially in the urban areas. The members of the family earn their living by going outside to work. The majority of migrants from rural areas to cities or other municipalities comes to a great extent. The aged both in rural and in urban areas confront the same problem: that is, nobody takes care of them. They are left to look after the houses and also children whereas their parents to go work. The present generation of children get less time from their parents than previous generations. When being ill, the aged have to face with some difficulties by themselves, especially in the rural areas where medical care cannot reach. However, the general experience is that the aged do not like living in urban areas but prefer to staying away from urban development because of the hardships of life for old people in the cities.

Three factors which affect the transitions of population are as follows:

Fertility - In rural areas, birth rate is higher than in urban area.

Mortality - Death rate is also higher in rural areas. It depends on the status in society as well as public health and nutrition.

Migration - A Large-scale migration of young people moves from rural areas to the cities. Many socio-economic problems are resulted from this over-population.

Another important factor is the determination of the aging of population. In Thailand, it still cannot be defined which age is more suitable to become the aged, sixty or sixty-five because it should be accordingly considered through his body as well as his talk. Particularly, the size of population and the aged simultaneously increased, i.e. in the year 1937, out of 14,000,000 population, 700,000 were the aged and in the year 1981, the population was 47,000,000 whilst around 2,400,000 were the aged. At present, the rate of the aged is rather high because fertility and mortality are decreased. Family planning is an important campaign for birth control and has been accomplished in many rural areas.

From the population census in the period 1975-1980, the expectation of life for men was about 60 whereas for women was about 64. It is also expected the size of Thai population in the year 2000 will be about 65,000,000.

According to family planning, the amount of children aged from 1-4 will be less as follows:

Year	Percentage
1975	3.6
1980	4.1
2000	27.7 (approximately expected)

The amount of the working people aged from 15-59 will increase as follows:

Year	Percentage
1980	53.8
1990	59.7
2000	64.8

The amount of the aged who are over 60 tends to increase as follows:

Year	Percentage
1980	4.8
1990	6.12
2000	7.41

From the national seminar on 'Health Service for the Aged' at Indra Regent Hotel, Thailand, conclusions could be drawn out as follows:

1. The absolute number of the aged is increasing
2. The proportion of the aged among total population is higher
3. The male aged is less than the female aged.
4. In economics, the aged will be given more services.
5. Some diseases commonly encountered in the aged could be prevented by medical treatment.
6. In spite of being neglected, the aged in rural areas are still satisfied with their lives. Such feeling could be compensated by working instead. Besides, they could afford themselves by getting money from the young who migrate to work in cities.
7. Find the ways to maintain our worthy culture.

In the macro level, it is good to have a lot of old people. However, it could be a problem if they could not help themselves. The role of the family is critical in maintaining the well-being of the aged. It would be more fruitful if the aged can largely provide or care for themselves with minimal assistance from outside sources.

2. SUMMARY OF DEMOGRAPHIC AND STATISTICAL DATA

Demographic trends in Thailand during the past 20 to 30 years seem to indicate an 'aging' of the population. The persons over 60 years of age have almost doubled in gross numbers over the past twenty years, a faster rate even than that of the rapidly increasing population as a whole. In 1979 there were more than 2 million people over 60 years old, representing a little over 4% of the total population. The population structure of Thailand, like other developing countries, is a young one. Over 1/2 of the population is less than 20 years of age, over 40% less than 15 years old, and almost 30% are children below 10 years of age. People over 60 are also not a homogeneous segment. Unfortunately, unfortunately, information on mortality and morbidity in this specific age group is missing, but 99% of the aged live in their own families and in community settings. During at least the past ten years the fertility of reproductive population has shown a general downward trend which in the long run, in addition to a further reduction in mortality during the second half of life span of the Thai people, will result in more rapid increase in the numbers of people over 60 compared to other age groups, and in a larger size of this group in the population structure. With aging of the population there is also noticed in Thailand an increasing rate of survival of women over men of about 20%. Although this trend is substantial in the Thai population, it does not seem to be a public health significance over the next twenty years. Therefore, it is expected that most of the needs of older generations can be met by supporting traditional values of self care, family care, and community care, and by strengthened and improved social and health care systems which are organized and managed to properly support and provide special to all the aged in family and communities.

TABLE 1.

The sexes ratio of the aged in the period 1970-20005

(male: 100 females)

Year	Sexes Ratio
1970	83.4
1975	84.0
1980	84.0
1985	83.1
1990	82.6
1995	81.5
2000	81.3
2005	83.0

TABLE 2.

Percentage of the aged in Thailand in the period 1973-2005

Year	Total Population	Percentage of the Aged
1973	100.0	4.8
1975	100.0	4.2
1980	100.0	4.6
1985	100.0	4.7
1990	100.0	4.8
1995	100.0	5.0
2000	100.0	5.4
2005	100.0	6.0
		6.6
		7.0
		7.8

TABLE 3.

Statistics report of the aged who got medical treatment from 'Lertsin Hospital' sampling, January- February, 1981.

Month	Total	Male	Female	Bangkok	Other Provinces
January	286	106	180	256	30
February	189	60	129	176	13
Total:	475	166	309	432	43

TABLE 4.

Diseases mostly found in the aged.

No.	Disease	January	February	Total
	Patient/Total	1981	1981	(Two Months)
1	Hypertension	65/286	41/189	106/475
2	D.M.	60/286	17/189	77/475
3	OA Knee	40/286	44/189	84/475
4	Pulmonary T.B.	36/286	16/189	52/475
5	Cataract	19/286	20/189	39/475
6	Bronchitis	19/286	22/189	41/475
7	Flatulency	14/286	3/189	17/475
8	Glucoma	13/286	8/189	21/475
9	Asthma	12/286	6/189	18/475
10	Back Pain	8/286	12/189	20/475
total:		286	189	475

TABLE 5.

Statistics of the aged over 60 who got health service from 'Neurotic Hospital' in 1980 (One 1 sampling hospital)

No.	Disease	Patient	%
1	Senile Change	3,078	34.41
2	Involuntional Change	1,000	11.18
3	Hypertension	531	5.94
4	Tension Headache	410	4.58
5	Anxiety Neurosis	396	4.43
6	C.V.A.	374	4.18
7	Cervical Spondylosis	356	3.98
8	V-Binsufficiency	327	3.66
9	Parkinsonism	299	3.34
10	Cerebral Thrombosis	290	3.24

TABLE 6.

Psychological and physical illness of the aged over 60 who health service from 'Neurotic Hospital' in 1980 (one hospital sampling)

Illness	Patient	%
Psychological	4,602	51.45
Physical	4,343	48.55
Total:	8,945	100

3. SUMMARY OF GOVERNMENTAL PROGRAMS

In Thailand, most of the aged are generally healthy, both physical and mentally, but may have social, occupational or economic problems. The aged are a group in particular need of care, both in family and in the community. Government policies have been directed at maintaining the family cohesion and traditional respect for the aged. This extends to giving the aged a meaningful economic role. The different needs of the aged in rural and urban settings are not clearly understood, particularly in areas where rapid social, technological and economic changes are taking place. However, when technological knowledge is shared with the aged, they can lead the developmental process in their own village and contribute to the health of others in their society. The objective of health and social policies for the aged should be to ensure their continuing contribution to society.

In our country where the majority of the aged are living in their own family and community settings, it would seem necessary to develop integrated health care, social and welfare system to support primary health care scheme for preserving the highest possible standard of life for them by assisting the aged in maintaining good health and in keeping an alert, active and purposeful life. The answers to health and social problems of the aged do not lie only in institutionalization or dependency on assistance of the government, but rather in ensuring that the aged have access to prevention and care in active social settings of the family and community.

The government of Thailand is now seeking technical cooperation in making a systematic study of the health needs of the aged with an emphasis on community-based primary health care. These services have just begun to be developed and the following are planned:

- Free medical care for the aged
- Homes for the aged.
- Geriatric units in general hospitals.

At present, several homes for the aged are under the Department of Public Welfare. Training program on care for the aged has been organized by Ministry of Public Health for the development of related knowledge and skills for health personnel at all levels. General hospitals are encouraged to render special care for the aged by setting up geriatric units as well.

However, no systematic study of health needs of the aged has been undertaken so far. Hence a series of linked activities are to be developed, namely:

- An epidemiological study of health of the aged.
- Integration of health care for the aged as a part of the basic health services.
- Developing mechanisms for coordinating governmental and voluntary efforts.
- Strengthening of training of health and related personnel.
- Setting up demonstration centres in community services.
- Technical support to medical institutions for developing special geriatric program.

The aged generally depend upon government-supported free services made available through hospitals and clinics. With careful organization and cooperation, it should be possible to organize self-help groups on a broad scale at both rural and urban areas. The steps above would envisage care of the aged as an integral part of the national policy and strategy development for health for all, and of our aim to maintain the aged population as an integral and respected part of our social life. In this way, Thailand can both conserve its cultural values of respect and support for the older generations, and also meet more effectively the challenge of health for all by preserving and using their capabilities to contribute to the nation's well-being and development.

4. SUMMARY OF NON-GOVERNMENTAL PROGRAMS

In Thailand, there is also cooperation with voluntary agencies about the aged. Because of their freedom, voluntary agencies are able to experiment, innovate and work flexibly. They play a leading role in educating the public and reversing negative attitudes to the aged, often by demonstrating that the aged can be care-donors as well as recipients. They are often in the vanguard of developing publicly acceptable, personal services for the aged within the community. They help identify and serve the most vulnerable groups of the aged, such as those without the traditional support of the extended family. However, the aged themselves should be more involved in the management of voluntary agencies and in determining their goals.

The following activities of voluntary agencies have proven valuable:

- Promoting the development of new forms of community care.
- Developing family, neighbourhood and community services.
- Acting as advocates for the aged.
- Providing credible information to decision makers.

While voluntary agencies play an important role in care of the aged, this usually is marginal to the totality of care, which is predominantly publicly provided. However, even where governments would prefer to extend the area of publicly provided services, they often lack the resources to take over the role of voluntary agencies. Hence an increased role for such agencies would not only be welcome, but could even be vital to the well-being of the aged. Support for voluntary agencies, however, should not be substitute for public effort.

There is also in Thailand an association of the aged which voluntarily provides, at a limited scale, health education and care services to them. However, there has as yet been no systematic study of the health needs and care for the aged. Such information is much needed to provide a sound basis for policy and plan formulation on an inter-sectorial basis. Demonstration and training projects are needed to develop models for family and community-based care, using primary health care as a key approach. Maintaining the independence of the aged, preventing disability from occurring and managing self-care and self-treatment requires new orientations, knowledge and skills. Such care for the aged must be provided by practitioners who are knowledgeable on the subject of aging, who are interested in the aged and their families, who are skilled in working with them and who are concerned about the quality of care given.

Those who give the most care to the aged are often the least trained, and it is essential to define learning objectives that would facilitate training at each level. Community health nurses, in particular, should be able to teach primary health care workers and auxiliary nursing personnel functions traditionally performed by trained nurses.

5. PROPOSALS FOR FUTURE ACTIVITY

Proposals for future activity for the aged had been suggested as the following:

1. Policy:

- 1.1. Policies for the aged should be clearly specified in the National Economic and Social Development Planning.
- 1.2. The Office of the National Committee on Economic and Social Development has fully authority to organize policies for the aged.
- 1.3. Great improvement for the aged should be also continually scheduled in the long-term development planning.

2. Structure:

- 2.1. The research center should be established to study information on the aged, both in physical and mental health care as well as in social welfare.
- 2.2. Geriatric wards or clinics should be set up in each public or private hospitals.
- 2.3. Every organization, even the private ones, should take responsibilities for social welfare of the aged.

3. Activities

3.1 Health Service should be promoted as the following:

- 3.1.1. Every health promotion for the aged.
- 3.1.2. Elderly health prevention.
- 3.1.3. Geriatric hospitals.
- 3.1.4. Rehabilitative programs.

3.2. Welfare Service should also be promoted as the following:

- 3.2.1. Home nursing care should be adequately provided to serve the needs of the aged.

- 3.2.2. Member of the family, in cooperation with the government, should be encouraged to take care of the aged of their own.
- 3.2.3. Good nutrition is also essential to be provided for the aged.
- 3.2.4 Sport and recreation for the aged should be promoted for their health.
- 3.2.5 Transportation service should be specially contributed, i.e. providing special reserved seat or cheap tickets.
- 3.2.6. A community should help take responsibilities for the aged.
- 3.3. Socio-economic development should be well-adjusted for the aged as follows:
 - 3.3.1 Promotion of culture, moral and social value.
 - 3.3.2. Constructively participation in public health program.
 - 3.3.3. Educational program based on Non-Formal Education.
 - 3.3.4. Encouragement them to lead a socially and economically productive life.
 - 3.3.5 Contribution them to participate in occupational development.
 - 3.3.6. Adjustable employment in accord with their abilities.

NOTE Data is summarized from the National Seminar on Health Care and Services for the Aged, organized by the Ministry of Public Health at Intra Regent Hotel, Bangkok, November 4-6, 1981. This programme was in collaboration with the World Health Organization.

EXCEPTS FROM THE PLAN OF ACTION

WORLD ASSEMBLY ON AGING

According to United Nations projections, this is the "age of aging". By the year 2025, it is estimated there will be 1.100 million people in the world over the age of 60, representing a 225 percent increase over the year 1975. The vast majority of these older people - nearly three-quarters - will live in the developing countries.

Recognizing the need to call worldwide attention to the serious problems besetting a growing portion of the world's population, the General Assembly of the U.N. decided in December, 1978 to convene a World Assembly on Aging in 1982. The purpose of the World Assembly was to provide a forum "to launch an international action programme aimed at guaranteeing economic and social security to older persons as well as opportunities to contribute to national development". In December, 1980, the General Assembly further indicated its desire that the World Assembly "should result in societies responding more fully to the socio-economic implications of the aging of populations and to the specific needs of older persons".

This summer (from 26 July to 6 August) the World Assembly on Aging was held in Vienna, Austria. An International Plan of Action on Aging, which would guide states in dealing with problems brought about by the rapidly increasing numbers of elderly persons all over the world, was adopted at the conclusion of the two-week event. Several recommendations in the Plan of Action focus on the topic of leisure.

PLAN OF ACTION

The Plan of Action (summarized by the U.N. Division for Economic and Social Information, Department of Public Information, in its 8 October, 1982 bulletin, "International Plan of Action Adopted by the World Assembly on Aging") states that the continuing increase of the elderly population in both absolute and proportional terms "is neither an unexpected, unforeseeable event, nor a random result of national and international development efforts. It is the first and most visible outcome of a sectorally based approach to socio-economic development all over the world" and should be accompanied by efficient interventions in order to ensure balanced growth and integrated development.

Much of the emphasis at the Assembly, in the Plan of Action, and in the Assembly's general debate, was on the need for planning, both to help the aging as individuals and to deal with the longterm social and economic effects of aging populations. In the Plan of Action, it is noted there is a need to help the elderly "lead independent lives in their own family and community for as long as possible, instead of being excluded and cut off from all activities of society". To this end, governments should provide assistance to help families care for their elderly family members.

In areas such as health care, the Plan of Action states that "all too often, old age is the age of no consent." Decisions affecting the aging are too frequently made without their participation. This particularly applied to those who were very old, frail, or disabled. The elderly should be given a choice as to the kind of care they receive. Also, the plan states, "the control of the lives of the aging should not be left solely to health, social service, and other caring personnel, since aging people themselves usually know best what is needed and how it should be carried out."

The section on health emphasized the importance of preventive care, including nutrition and exercise, and contains a wide range of recommendations in such areas as accidents, the inappropriate use of medication, and the effects of radioactive and other noxious substances that can affect increasingly aging populations.

The Plan of Action notes that appropriate support can make "a crucial difference to the willingness and ability of families to continue to care for elderly relatives". Thus, governments are encouraged to provide support services to assist families in this, particularly low-income families. Recognizing that the changing status of women has reduced their traditional role as caretakers of older family members, one of the reports submitted to the assembly notes that daughters and daughter-in-laws in industrialized countries provide about three-quarters of all such care. The plan states that it "is necessary to enable the family as a whole, including its male members, to take over and share the burden" of such care.

The Plan of Action also includes several recommendations on the particular situation of women, who represent an increasing number of the elderly and whose incomes are usually substantially less than that of men.

In regard to the over-all of income security and employment, the plan recommends that governments create or develop social security schemes based on the principle of universal coverage, noting that "for the developing countries, where many if not the majority of persons live at subsistence levels, income security is an issue of concern for all age groups". Particular attention should be paid, in social security programmes, to the circumstances of elderly women, whose income is generally lower than that of men. In the long term, the plan states that policies should be directed towards providing social insurance for women "in their own right".

In regard to the issue of employment for the elderly, the assembly said that measures should be taken to assist the elderly in finding or returning to employment. Since "negative stereotypes existed", governments should take steps to educate employers about the capabilities of older workers.

The Plan of Action also recommends that governments help ensure a smooth and gradual transition from active working lives to retirement which could include "pre-retirement courses" and a lightening of the work load during the last years of employment.

The plan also notes that there is a need to "educate the general public with regard to the aging process". This education must start at an early age so that aging is fully understood as a natural process. The importance of the role of the media in this "cannot be overstated; education activities both informal and formal, should start in early childhood". The plan also emphasizes that the elderly, as well as other groups, should have access to basic literacy programmes and life-long education.

The Plan of Action also includes recommendations on the importance of housing, noting that "housing is more than mere shelter". Appropriate housing can help the elderly remain in their homes and communities, and the plan recommends ways to do this. Elderly refugees and migrant workers are accommodated.

RECOMMENDATIONS

A wide range of recommendations for implementing the Plan of Action were adopted by the World Assembly. The following focus on the topic of leisure.

-RECOMMENDATION 14. A very important question concerns the possibilities of preventing or at least postponing the negative functional consequences of aging. Many lifestyle factors may have their most pronounced effects during old age when the reserve capacity usually is lower.

The health of the aging is fundamentally conditioned by their previous health and, therefore, life-long health care starting with young age is of paramount importance; this includes preventive health, nutrition, exercise, the avoidance of health-harming habits, and attention to environmental factors, and this care should be continued.

-RECOMMENDATION 19. Housing for the elderly must be viewed as more than mere shelter. In addition to the physical, it has psychological and social significance, which should be taken into account. To release the aged from dependence on others, national housing policies should coordinate policies on housing with those concerned with community services (social, health, cultural, leisure, communications) so as to secure, whenever possible, an especially favourable position for housing the aged vis-a-vis dwellings for the populations at large.

-RECOMMENDATION 144.

Educational programmes featuring the elderly as the teachers and transmitters of knowledge, culture, and spiritual values should be developed. In many instances, the knowledge explosion is resulting in information obsolescence with, in turn, implications of social obsolescence. These changes suggest that the educational structures of society must be expanded to respond to the educational needs of an entire life-span.

Such an approach to education would suggest the need for continuous adult education, including preparation for aging and the creative use of time. In addition, it is important that the aging, along with the other age groups, have access to basic literacy education as well as to all education facilities available in the community.

RECOMMENDATION 47.

In accordance with the concept of lifelong education promulgated by the United Nations Educational, Scientific and Cultural Organization (UNESCO), informal community-based and recreation-oriented programmes for the aging should be promoted in order to help them develop a sense of self-reliance and community responsibility. Such programmes should enjoy the support of national governments and international organizations.

-RECOMMENDATION 48.

Governments and international organizations should support programmes aimed at providing the elderly with easier physical access to cultural institutions (museums, theatres, opera houses, concert halls, cinemas) in order to encourage their greater participation in leisure activities and the creative use of their time. Furthermore, cultural centres should be asked to organize for and with the elderly workshops in such fields as handicrafts, fine arts, and music, where the elderly can play an active role both as audience and participants.

-RECOMMENDATION 49.

The mass media should also be used as a means of promoting the participation of the aged in social, cultural, and educational activities within the community; conversely, the aged or their representatives should be involved in formulating and designing these activities.

LEISURE IN THE CONTEXT OF THE WORLD ASSEMBLY ON AGING

I wish to extend my sincere appreciation to the World Leisure and Recreation Association for this opportunity to discuss why the United Nations convened a World Assembly on Aging this summer, and how we intend to follow up on that historic event and its product: the Vienna International Plan of Action on Aging.

From 26 July to 6 August this summer, 1,100 persons with a vital interest in aging issues - representing United Nations Member States, international and regional agencies, and non-governmental organizations - gathered at the World Assembly on Aging in Vienna, Austria. Above everything else the WAA was an occasion to rejoice.

Indeed, one of the greatest achievements of our century is that large numbers of people are reaching old age. This has resulted in the unprecedented shifts toward population aging throughout the world.

As the demographic data show, the age structure of the world's population is changing fundamentally. The number of people aged 60 and over will almost quadruple between 1975 and 2025 - growing from 350 million to over 1,100 million in a 50-year period.

By 2025, the aging will constitute nearly 14 percent of total world population. Decreases in fertility, reductions in infant and childhood mortality, and progress in proving longevity first changed the shape of the age pyramid in developed countries.

These factors now increasingly influence age structures in less developed regions. According to United Nations demographers, fully 72 percent of the world's population aged 60 and over will live in developing countries by 2025.

The organizers of the World Assembly were determined to use these numbers as an early warning mechanism - to make the world community aware of the dimensions of the demographic shift in time to react or adapt adequately. One task before the delegates was to increase understanding of the developmental impact of population aging- its effect on such factors as economic growth, productivity, and savings. A second task was to examine the humanitarian implications of population aging: the needs of ever larger numbers of older people for health care, family support, social welfare services, income, security, employment, and education.

In both spheres, enhancing older persons' opportunities for social participation was a central concern. Clearly, activity in old age can be a positive and valuable contribution to societal development. Equally important, social participation imparts meaning to extra years of life, giving the sense of usefulness and personal growth so vital to health and enjoyment.

The risk that retirement may produce emptiness, loneliness, a sense of social uselessness - debilitating to both physical and psychological well-being - is a very real danger. It must be overcome through active efforts to make rational, constructive use of leisure time.

The World Assembly on Aging put great emphasis on the need of the elderly to use leisure creatively with aim and direction. You may recall that the logo for the Assembly is a stylized banyan tree designed by Oscar Berger, an 80 year-old artist from the United States. The banyan tree in Asia, Africa, and Latin America is used for market places, social gatherings, and especially for highly regarded meetings of the village elders who use most of their leisure time in sharing their experiences on issues affecting the community and in offering their wisdom and advice to the younger generation.

If properly valued, increased leisure provides opportunities for new intellectual, cultural, and social experiences, often unavailable at any other period of the life span. Freed from the fatigue of work and travel and the preoccupations of employment, the aging have almost limitless opportunity for self-expression and personal fulfillment. Hobbies such as gardening, artistic experiences encompassing painting, music, singing, and literature; contributions to community activities, teaching, care of grandchildren, and other recreation; political involvement - all allow the older person to explore his creative potential, and, just as important, break down the barriers of social isolation.

We have learned, however, that interest in such pursuits is not always spontaneous. The aging need to acquire leisure skills; new fields of knowledge must be opened up, and new activities must be demonstrated.

UNESCO has adopted the concept of life-long education to facilitate this process - to expand the elderly's horizons for creativity, independence, and participation in social life. Here education becomes a permanent process centering on man and his needs.

In this spirit, many countries are now developing new, nonformal approaches to education and training. More and more universities are offering programmes for the aging, as are museums, community schools, elderly persons' associations, and clubs. The new educational modes fulfill many functions: teaching the elderly and providing them with a place to teach; providing contacts with the younger generation; and increasing social involvement and knowledge.

This broad concept of continuing education is a vital component of the Vienna International Plan of Action on Aging - unanimously adopted as the end-product of the World Assembly, and simultaneously, as its springboard for future action. The plan contains recommendations covering both developmental and humanitarian issues: in essence, it is a call for concerted action to promote the wellbeing of the elderly and their opportunities to contribute to society.

The plan's recommendations in the sphere of education include:

- Promoting informal, community-based, and recreation-oriented programmes to help the aging develop a sense of self-reliance and community responsibility.
- Giving the elderly easier access to museums, theatres, cinemas, and other cultural institutions.
- Using cultural centres to organize workshops in handicrafts, fine arts, and music, permitting the elderly to play an active role both as audience and participants.
- Involving the aging or their representatives in the formulation and design of social, cultural, and recreational activities.
- Using mass media to promote the participation of older people.
- Giving the aging access to basic literacy education and all community educational facilities.
- Promoting education programmes which feature the aging as teachers and transmitters of knowledge, tradition, and spiritual values.

The World Leisure and Recreation Association, dedicated to improving individual and community life through recreation and the positive use of leisure time, is certain to be an important instrument in realizing the plan's recommendations. All of you gathered here today, experts in the field of leisure and gerontology, will doubtlessly be able to elaborate on the plan: you all have knowledge of mechanisms successfully used to stimulate the participation of older people in the life of their communities.

We at the United Nations are counting on your help to carry forward the work begun at the World Assembly. Let us make every effort to guarantee our elders their right to spend their golden years constructively under the banyan tree in peace, joy, and dignity.

Binta Diallo
Economic Affairs Officer for the
U.N. Under Secretary General

Diesa

REPORT TO THE ECONOMIC AND SOCIAL COUNCIL OF THE UNITED NATIONS

Introduction

On November 17, 1982, the World Leisure and Recreation Association sponsored a Symposium on Leisure and Aging at the United Nations headquarters. The purpose of this meeting was to discuss leisure as an area of social concern for the aging, examine national position papers which reflected the scope of leisure opportunities for the aging in thirteen countries and review the Plan of Action developed as a result of the World Assembly on Aging. The nations participating in the project included Australia, Bolivia, Brazil, Canada, Chile, Denmark, Federal Republic of Germany, Israel, Jamaica, New Zealand, Switzerland, and Thailand.

No attempt will be made here to summarize the wide range of topics covered by the papers presented other than listing the issues of concern as identified after the presentations by the Symposium chair, Dr. Max Kaplan. These issues were:

- Lack of international accord on the concept of leisure
- Need for further research on leisure and aging
- Consideration of different levels of socio-economic development present in different countries with regard to planning for leisure
- Consideration of cultural uniqueness and traditions when designating programs for the aging
- Lack of trained professionals and volunteers to conduct leisure programs and services for the aging
- Lack of preparation for old age. This is the fault of the educational system because people are not prepared for old age, physically and mentally
- Participation by the aging in the design and implementation of leisure programs and services
- Need to foster inter-generational experience within the leisure context
- Impact on family structures
- Volunteerism as a leisure role for the aging.

Recognizing the complexities of the issues involved, an Ad Hoc Committee on Leisure and Aging was formed at the conclusion of the seminar and given the task of making the information gathered at the seminar available and developing suggestions and/or recommendations for action.

Summaries of the position papers of the twelve participating countries were printed in the November/December, 1982 issue of the WLRA Journal. The full papers (in English translation, where necessary) will be presented in a forthcoming volume, Leisure and Aging, scheduled for publication in spring of 1983.

The Ad Hoc Committee on Leisure and Aging, as stated above, further took on the task of synthesizing the information presented at the Symposium. Having met on December 7, 1982 and again on January 11, 1983, the Committee offers the following suggestions:

Recommendations for Action, as Presented by the World Assembly on Aging, Vienna, 26 July to 6 August, 1982.

The Committee finds itself in general agreement with the recommendations for action made by the World Assembly on Aging and particularly with those recommendations focusing on the Topic of Leisure, such as:

- Recommendation 14 (relating to the health of the aging);
- Recommendation 19 (relating to policies on housing);

- Recommendation 36 (relating to a minimum income);
- Recommendation 44 (relating to educational programmes);
- Recommendation 47 (relating to recreational programmes);
- Recommendation 48 (relating to access to cultural institutions and various workshops);
- Recommendation 49 (relating to promotion of participation);
- Recommendations 60, 61, and 62 (relating to research and teaching).

Recommendations by the Non-Governmental Organizations Forum, as Presented in the Report to the Secretary-General of the United Nations by the World Assembly on Aging, Vienna, 26 July to 6 August, 1982.

The Committee further finds itself in agreement with the recommendations made by the N.G.O. Forum, in respect to leisure and aging, as outlined under the headings:

- The Aging and the Family;
- The Economic Needs and Challenges of Ageing Societies;
- The Maintenance of an Adequate Level of Personal Income;
- The Redistribution of Time and Lifelong Education;
- The Changing Ecology of the Aging;
- The Needs of the Aging in the Areas of Health and Social Services;
- Aging Women.

The Committee, however, would suggest some minor changes in the language of the recommendations, as, for example, in the section on The Changing Ecology of the Aging (Working Conditions and Environment), section A: the phrase "the transition from active life to retirement" implies that retirement represents necessarily an inactive life.

Recommendation for Action, by the Ad Hoc Committee on Leisure and Aging.

The Committee recognized as very pressing the following problems, specifically relevant to Leisure and Aging:

- The issue of the definition and conceptualization of leisure;
- The issue of the definition and conceptualization of aging or the aged;
- The need to recognize societal differences in making recommendations for action in regard to leisure and aging.

The Committee felt that a clarification of the problems listed above will be useful and necessary for most of the actions recommended by the World Assembly on Aging. It is suggested, therefore, that governments support work as outlined below, through either The International Network of Existing Information Research and Training Centers the Field of Aging, or some other existing or to be created organization relating to leisure and aging.

Specifically, it is suggested that such a task force concern itself with the following:

- a) The creation of an international vocabulary of leisure terms for each of the phenomena thought to be relevant to the leisure domain in the different cultures and societies.
- b) The creation of an international vocabulary of age-related terms, so as to facilitate cross-cultural communications.

c) The development of a method of classification that allows each country to place itself into a matrix of "types of countries" by "leisure and aging issues".

For example, as a first approximation, three types of countries might be used: "pre-industrial", "industrial", and "post-industrial" (as currently defined in the relevant literature). Relevant "leisure and aging issues" might be as follows:

- Recreation facilities and services;
- Leisure education of the adult population;
- Training of leisure professionals and volunteers;
- Involvement of the elderly;
- Inter-generational experiences;
- Research.

The suggested approach is pictured in Table 1, below:

MODIFICATIONS OF RECOMMENDATIONS, AS A FUNCTION OF TYPE OF SOCIETY

Leisure & Aging Issues:	TYPE OF SOCIETY		
	Pre- Industrial	Industrial	Post- Industrial
RECREATION SERVICES	1a	1b	1c
LEISURE EDUCATION	2a	2b	2c
TRAINING	3a	3b	3c
INVOLVEMENT	4a	4b	4c
INTER-GENER. EXP.	5a	5b	5c
RESEARCH	6a	6b	6c

STATEMENT ON LEISURE AND AGING

Leisure and recreation opportunities and activities contribute as much to the vitality and well-being of a nation and its citizens, including older citizens, as other activities deemed more essential to physical survival. Indeed, the former are documented universals found in more than 4,000 societies. The importance of leisure and recreation activities in the lives of older persons has become clear in recent years with increasing evidence pointing to the positive correlation between adequate leisure opportunities and the quality of life for the aging. These opportunities and concomitant activities are critical to self-esteem as well as mental, physical, and spiritual health throughout the life span.

Retirement from conventional employment and other production-related activities, in conjunction with aging, may involve social isolation, feelings of uselessness and loss of family and friends. These changes may be detrimental to mental and physical health. Leisure and recreation activities play a pivotal role in helping the older person remain stimulated, independent and healthy. Leisure programs are not peripheral or marginal, they are integral to the total well-being of the and can take many forms, such as: physical fitness and preventive health care, vocational training and retraining, affirmation of cultural values and traditions, life skills, literacy and continuing education, political participation, social advocacy, volunteerism, coping with technological change, pre-retirement planning, intergenerational experiences and participation in all aspects of creativity, including the arts and crafts.

Because many older people live on limited incomes, governmental as well as non-governmental, leisure and recreation programs and services should be offered free or at reduced cost. The elderly should participate in the planning of such programs and services, drawing from their accumulated skills, experience and wisdom. The use of non-traditional settings for leisure and recreation programs provides for improved access and broader participation. Some of these settings could include: community centers, town halls, school buildings, churches, hospitals, club houses, offices, factories, private homes and other sheltered areas. Professional leadership is essential for the success of leisure and recreation programs; such leadership should be trained in cooperative curricula between recreation, gerontology, psychology, among other complementary disciplines. Concerted efforts should be made in the public and private education sector as well as in all forms of mass media to modify the stereotypes of older individuals as less educable, with less capacity for active leisure pursuits and potential for contribution.

THE NEED FOR LIFELONG LEISURE EDUCATION

The demographic statistics speak for themselves. There are now, and will be in the future, a proportionately higher number of older persons than ever in the history of the world. According to figures released on the occasion of the United Nations World Assembly on Aging, by the year 2000 there will be nearly 600 million people in the world over 60 years of age. This figure will increase to 1,100 by year 2025.

All regions of the world are experiencing an "aging" of their population as the proportion of the elderly persons to the young is increasing. The most dramatic growth of the aging group is taking place in developing countries where, at the same time, rapid economic and social changes are eroding traditional roles and support structures for the elderly. Inevitably, this is creating social and economic problems for all countries of the world and there are no quick and easy answers in sight.

One of the principal concerns voiced at the World Assembly on Aging and at other forums is that after a life of continuous involvement with and contributions to the community at large, the elderly suddenly find themselves margined all meaningful activity and participation in most community affairs. This problem stems from the fact that, overwhelmingly, people find their principal ties to social life and its structures thorough work. Then, when traditional work is no longer a role to be engaged in, all linkages to community structures are lost, along with a considerable amount of purposefulness in life.

Clearly, the above situation points to serious drawbacks in our educational systems as well as in our value structures and socializing agents. It can be argued without much difficulty that we are prepared or educated for work - we - are not, however, educated for life. This unfortunate and limiting situation is most obvious in our older citizens.

The elderly can engage in a very wide range of leisure roles and activities that can be just as meaningful as any traditional work role they assumed during their earlier life. Contained in WLRA's Statement on Leisure and Aging, we find a sample of these; they include physical fitness and preventive health care, vocational training and retraining, affirmation of cultural values and traditions, life skills, literary and continuing education, political participation, social advocacy, volunteerism, coping with technological change, intergenerational experiences, and participation in all aspects of creativity, including the arts and crafts.

In our interaction with the elderly and the soon-to-be elderly, let us advocate a healthier balance in life. There is much meaning, purposefulness, and vitality to be found outside of the work context.

Nelson Melendez

Recommendations for actions would be modified in each of the above cells, in cooperation with leisure and aging professionals in the respective societies.

It is anticipated that the development of the suggested matrix, useful for a large number of countries, would require at least three years of concerted effort.

In sum, the Ad Hoc Committee on Leisure and Aging recommends that:

- a) Governments give support (financial and otherwise) to the United Nations agency (e.g., The International Network of Existing Information Research and Training Centers in the Field of Aging), designated to carry out the above tasks.
- b) The designated United Nations agency will set up a task force consisting of professionals best suited for the task and derived from all participating countries and from the task-relevant disciplines.
- c) The task force will out a plan of action through written and verbal communications and a series of worldwide seminars to be attended by all participating countries.
- d) Support for the task force should be provided, initially, for at least three years.

It is the conviction of the Committee that the end product of the task force will greatly assist in the advancement of the quality of life of the aging population in all participating countries. The Committee is prepared to submit more detailed outlines of the rationale and suggested procedures to any country who would request it.

Ad Hoc Committee on Leisure and Aging
John Neulinger, Chair, Doris Berryman, Binta Diallo,
Louis Blume, Alexis Molina, Nelson Melendez

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LEISURE, RECREATION, CULTURE AND AGING

AN ANNOTATED BIBLIOGRAPHY

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The National Council on the Aging, Inc.
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INTRODUCTION

This bibliography emerged from a combination of sources and processes: the compiler's direct knowledge as writer, consultant and instructor, of materials in the four topics listed in the title; a review of materials in a major university library and of holdings in the National Council on the Aging library; and computerized bibliographic data bases such as ERIC and SCAN. The purpose of culling through these sources was not to prepare a definitive listing but to identify and then site the most significant works in the subject area.

These entries were not, however, selected to illustrate pre-determined topics. Of course, general categories already exist in the consciousness of every scholar, (e.g., theories, research findings, demographic trends). Thus, more than a random selection takes shape; however, the ten categories and subheads (see Topical Table of Contents) emerged inductively after the bibliography was almost complete. Hence, no pretense is made that this is an ideal division of materials. Each user will modify the organization for his or her own purposes.

The categories serve a dual purpose: (1) following each category in the contents page are the numbers assigned to the alphabetized entries in the bibliography. For example, those who wish to uncover works that relate to the subject of church or religion will find 6 readings listed in consecutive order under category 5a. Conversely, each of the 116 entries ends with numbers to denote the one or more categories for which the material may be useful. As in any indexing system, personal judgements are involved. Incidentally, entries listed immediately following the 10 main categories in the Table of Contents touch on the topic as a whole: those listed after the sub-heads are more narrow in focus.

More crucial, perhaps, than even the selection and distillation of items for a bibliography are the assumptions or conceptions of the field that is covered. Each term--leisure, recreation, culture, aging--invites a theoretical or a policy debate on conceptions, definitions, objectives, methods, visions, and applications. Each has its own network of research agencies, conferences, publications, and curricula. As graduate students in each area soon discover, consensus is lacking on vital points. Yet, these difficulties are minimized when the terms "leisure, recreation, culture" are brought to focus on older persons who, in the words of John McLeish, one of the listed authors, can live "actively and creatively rather than reactively and listlessly."

This bibliography, in its very existence, implies that there is far more to becoming older than chronology, biology, income maintenance and health.

"Leisure" implies that aging and retirement create new potentials in time structures and meanings; "recreation" implies that there is no limit to the range of activities; "culture"--the most comprehensive--implies the possibility of depth in the experience of aging, reaching into the actualization of the Ulysean Adult. This quartet of terms, thus brought together, confirms the newest direction in gerontology, its alignment with the humanities and arts.

Annotations need not be academic, cold or "objective". True they should not violate the original reading in spirit or intent, nor judge, nor argue. But if, in reporting, this compiler occasionally takes the freedom to indulge (or ramble) with expansions, questions, references to other works, or even an allegorical treatment, put it down to advantage that comes with age--call it "ageistic license". To keep absolutely clear when the compiler goes off on a personal note, his comments will be bracketed

Hopefully these personal exercises will not reduce the value that this compilation may hold for policy makers, gerontologists, recreationists, librarians, program administrators, grant givers, or curious and intelligent citizens.

LEISURE, RECREATION, CULTURE AND AGING BIBLIOGRAPHY

AN ANNOTATED BIBLIOGRAPHY

1. Adams, M. REACHING THE RETIRED: A SURVEY OF MEDIA HABITS, PREFERENCES AND NEEDS OF SENIOR CITIZENS IN METRO TORONTO. Toronto: Canadian Radio Television Commission, 1975.

This reports on an interview study of 616 persons, corresponding to the age distribution into five-year groupings of persons over 65. Over one-fourth of all leisure activity was media-related. "Still more striking, 56% of the samples included at least one media-oriented activity in their compilation of most gratifying leisure pursuits." TV was considered the most "entertaining" and "relaxing" of the media; the best source for information. With "loneliness" given as the most acute problem, TV offered "companionship". About three hours of daily TV was noted by 90% of elderly (slightly below general population); health played no part nor the fact that a person lived alone. Only 2% had watched a special program designed for the elderly. About twice the time (1 1/4 hours daily) was spent with newspapers as by the general population. (1c, 4e, 8a, 9)

2. AGING AND SOCIETY, Vol.: AN INVENTORY OF RESEARCH FINDINGS; Vol. II: AGING AND THE PROFESSIONS; Vol. III: A SOCIOLOGY OF AGE STRATIFICATION. Written and edited by Matilda White Riley, ET AL. New York: Russell Sage Foundation I, 1968; II, 1969; III, 1972.

This important trio of books contains significant data and analysis. Part 4 of Vol. I is centered on the "structure of roles": most relevant for leisure and recreational policy are political roles, religious roles, voluntary associations, leisure roles, family, friends and neighbors. Within "leisure roles" are discussions on time, pattern of activities, visiting, mass media, hobbies, studying and cultural pursuits, outdoor activities, vacation and travel and attitudes. Two chapters are relevant in Vol II: Lowell Eklund, "Aging and the Field of Education" and Wilbur Schramm, "Aging and Mass Communication". In Vol. III, see Beth Hess' Chapter 9, "Friendship". (1, 1b, 1c, 4a, 4b, 4e, 8b)

3. American Alliance for Health, Physical Education and Recreation "Leisure and Aging: New Perspectives." LEISURE TODAY, Special insert to JOURNAL OF PHYSICAL EDUCATION AND DANCE, 1977, 48:8, pp. 25-55.

This special insert focuses on the relationship of leisure to the aging process and an aging population. The professional backgrounds of the authors who contributed to this special issue are as diverse as the topics related to aging. Included in this collection are articles dealing with the following areas: The problem of labeling and its effect on the elderly's participation in leisure pursuits; developing meaningful leisure activities for the elderly; leisure, aging and retirement; policy alternatives for the delivery of leisure services in the future; sexuality and aging; RSVP programs; outreach as an approach to serving the leisure needs of the isolated elderly; and, preparing geriatric fitness and recreation specialists. The issue ends on an upbeat note with an article entitled "Brighter Vistas for Senior Citizens: Salient Thoughts". This piece stimulates thinking on how a broad spectrum on how a broad spectrum of leisure services and programs are needed to serve this diverse, but growing, population. This issue a good first attempt by the American Alliance of Health, Physical Education and Recreation to introduce their membership to several issues related to aging. (7, 7c)

4. American Alliance for Health, Physical Education Recreation "Population Dynamics: The Changing Face of America." LEISURE TODAY, SPECIAL INSERT TO JOURNAL OF PHYSICAL EDUCATION AND DANCE, 1981, 52:8, pp. 31-61.

Several articles dealing with the basic United States population dynamics and demography are presented in this special insert. While a number of the articles deal with cultural and societal changes (i.e., leisure concepts in a changing society, immigrants and leisure, leisure and family change, single adults, changing values) which will have some impact on the elderly, two articles relate specifically to the adult and/or aging population. In an article titled "Adult Programming" Douglas Sessoms discusses a variety of strategies which recreation and park professionals can use to develop programming for adults. An article by George Fenstermacher on "Elderly Sunbelt Migrants" presents some interesting trends in elderly migration, factors which influence their decision to migrate and ways in which recreation professionals can provide leisure services to these increasing numbers of elderly migrants in the South and West. (1b, 7, 7c)

5 Anderson, John E. "The Use of Time and Energy," XXII in HANDBOOK OF AGING AND THE INDIVIDUAL: PSYCHOLOGICAL AND BIOLOGICAL ASPECTS (James E. Birren, ed.) Chicago: The University of Chicago Press, 1959. Pp. 759-796.

After almost a quarter century, Anderson's summary of research and his own insights remain significant on such topics as motivation, productivity, creativity, "time-filling" and the ordering of behavior. This chapter is especially important as a theoretical foundation for those who believe in the ongoing growth and development of the elderly. (See D.B. Bromley, THE PSYCHOLOGY OF HUMAN AGING. Baltimore: Penguin Books, 1966, Chapters 9-13.)
(4,8a, 8c, 9)

6. Arkansas Scientific Associates, AN EVALUATION OF THE C.A.S.A. PROJECT (COMMUNITY ACTIVITIES FOR SENIOR ARKANSAS). Arkansas Farmers Union, (National Clearinghouse on the Aging, SCAN Social Practice Resource Center, CF 000 135).

Recreational activities in senior centers and for outreach purposes are a major part of this program. Some failures are attributed to poor location or transportation. Recommendations warn against "frills"; centers in downtown areas are urged, as well as sufficient transportation.
(7,9,10).

7. "The Arts and the Aging: Forging a New Link." AGEING INTERNATIONAL, 1976, 3:4. (Bulletin of the International Federation on Ageing).

The unidentified author combines several purposes in this piece: 1) an argument and a plea for the importance of the arts for older persons, both as creators and audiences; 2) some history on the emergence of this area to supplement and co-exist with "survival needs" (housing, income, medical care); 3) statistics, especially from the Louis Harris study on the arts in 1973, revealing the low participation of older persons; 4) recognition of a new awareness of arts for the elderly brought about by various organizations.
(1a, 5c).

8. THE ARTS AND THE OLDER AMERICAN. Hearing before the Subcommittee on Human Services of the Select Committee on Aging, House of Representatives. 96th Congress, Second Session, February 11, 1980. Comm. Pub. 96-222. Washington, D.C.: U.S. Government Printing Office.

Under the chairmanship of the Honorable Mario Biaggi, the Committee heard 17 witnesses, include Joan A. Mondale, Livingston Biddle (then chairman of the NEA), Theodore Bikel and Jack Ossofsky (Executive Director, NCOA).

The report includes additional materials in the Appendix and valuable case material from the arts project for the elderly. A major purpose of the hearing was to examine and encourage relationships between the National Endowment for the Arts and the elderly through AoA.
(1a,4e,5c,7c).

9. Atchley, Robert C., THE SOCIAL FORCES IN LATER LIFE: AN INTRODUCTION TO SOCIAL GERONTOLOGY, Belmont, California: Wadsworth, 1977 (2nd edition). Chapter 9, "Leisure".

Atchley treats the leisure theme as a matter of identity crisis, identity continuity, competence and variety. Based on studies of the Scripps Foundation Gerontology Center of Miami University, he counters the negative conclusions of S. Miller, who sees work as the major role and source of values: "Each person generally stakes his or her identity on several roles. Work may be at or near the top, but not necessarily" (page 173). He concludes that major requirements for successful leisure are personal, income, proximity to friends and relatives and transportation (page 177).
(4,8)

10. Atchley, Robert C. "Retirement and Leisure Participation: Continuity or Crisis?" in AGING IN AMERICA: READINGS IN SOCIAL GERONTOLOGY. Cary S. Hart and Barbara B. Manard (eds). Port Washington, N.Y.: Alfred, 1976.

An example of differences, among scholars, of retirement roles. Atchley's reply to retirement as an "identity crisis" (Miller's thesis) is the concept of "continuity". This issue is important to policy-makers who must take positions on the degree of growth and innovation they assume among their clients.
(4,8)

11. De Beauvoir, Simone. *THE COMING OF AGE*. New York: G.P. Putnam's Sons, 1972.

This famous book is both brilliant and perplexing. As expected, it is a penetrating summary by an established literary figure of what biology, anthropology, history and sociology tell us about old age. She terms this as seeing the human situation "from without." From "within," she purports to "describe the way in which the aged man inwardly apprehends his relationship with his body, with time and with the outside world." (Preface) As to the first, relying on literature for examples, she reviews the positions of older people in ancient China, Judaism, Greece, Rome, Christianity, under feudalism, the Middle Ages, Shakespeare and other authors up to the last century. No student of gerontology (or literature) can fail to learn from her summary.

Yet a few chapters later, she exhibits her personal thoughts toward the attitudes and skills of older persons through her introspective biases which are reactionary and completely out of line with contemporary thought. Then, in Chapter 8, she draws again on her knowledge of creative persons--Hugo, Michelangelo, Verdi, Freud and others. Whether or not her history and analysis stand up to experts, de Beauvoir's work is essential for understanding the relationship of aging and creativity to culture in the broadest sense. (3,4e,8b)

12. Beaver, M. and Elias, B. "Enhancing the-being of the Marginal Elderly through Art Appreciation." *THE GERONTOLOGIST*, 1980, 20:5, p. 63. (abstract).

Report on a 12-week experimental painting class, concluding that shy and isolated older persons were helped through increased social interaction, improved feelings of self-worth, confidence and independence, stimulation of creativity and sensory awareness. (1a, 7b, 8c, 9)

13. Berghorn, F.J. and D.F. Schafer (eds.). *THE DYNAMICS OF AGING*. Boulder: Western Press, 1981.

Under part six on "creative pursuits in later life," four essays are useful: Elbert Cole describes the Shepherd's Center of Kansas City, Missouri; Beulah Duncan discusses the "senior scholars" program of the University of Kansas; Mary L. Neil summarizes a program in the arts, funded by the Kansas Arts Commission and NEA, which covers participation as creators and as audiences; and Edeen Martin tells about the painting experiences of Daisy Cook from her 60th to 75th years. (1a,1b,4a,7b,8)

14. *BIBLIOGRAPHIE ZUR FREIZEIT-LITERATUR* (Bibliography of Leisure Literature). Dusseldorf: Deutsche Gesellschaft für Freizeit, 1976.

Each of the 993 items in this bibliography are in German, but it includes some French, American, British and other writers found in German books, journals or conference reports. Articles on the elderly are scattered through the listing, which is not divided into categories. The German Society on Leisure is located at Neiderkasseler, Str. 16, 4000 Dusseldorf 11. Students of aging/leisure/recreation should be aware of the series of bibliographies, issued since the early 1960s by the European Centre for Leisure and Education (Jilska 1, Prague) and the thousands of items listed in bibliographies by the leisure section (headed by Joffre Dumazedier) of the Centre d'Etude Sociologique, 82 Rue Cardinet, Paris. Currently, the best single source for international research on leisure is the journal, *SOCIETY AND LEISURE*, issued in the name of the ISA Committee by the University of Quebec, Trois-Rivieres. As to recreation, the chief source for international developments is the World Leisure and Recreation Association, 345 E. 46th Street, United Nations Plaza, N.Y. (2,3)

15. Blake, B.F. and Lawton, M.P. "Perceived Community and the Rural Elderly." *EDUCATIONAL GERONTOLOGY*, 1980, 5:4, pp. 375-397.

This is a study in perceptions of community functions: rural elderly perceive social/recreational activities as contributing to recreational needs, but not to personal maintenance, personal development or personal relations. One conclusion of the PCF is the importance of involving rural elderly in planning and evaluating programs. (5c,7c,8a,10)

16. Blazey, C.H. *AN ANALYSIS OF THE RELATIONSHIP BETWEEN HEALTH AND MEDICAL COSTS AND LEISURETIME ACTIVITIES OF AGED RESIDENTS IN SOUTH DAKOTA*. University of Oregon: Unpublished doctoral dissertation, 1971.

Blazey's general conclusion is that leisure programs neither raise nor lower medical costs. (9)

17. Bley, Nina, Mortimer Goodman, David Dye, Bernice Harel. "Characteristics of Aged Participants and Non-Participants in Age-Segregated Leisure Program". *The Gerontologist*, Winter, 1972, pp. 368-370.

The 3-year study attempted, by interviews, to determine the difference between those who were "regular users" of the age-segregated program of leisure services (42% of 109 persons studied), the 36% "erratic users," and the 21% "non-users". All were non-institutionalized. The measures of morale and life adjustment were applied to those in their first 6 months of membership. Positive correlations were found between a relatively high score on the Lawton and Havighurst measures and high or "regular" use (i.e., attending meetings and activities of at least one club or activity); a higher percentage of "low morale" subjects became erratic users (active in membership for 2 months or less); 62% of high scorers on life satisfaction became regular users. (5c,8,9)

18. Bosse, Raymond and David J. Ekerdt. "Change in Self-Perception of Leisure Activities with Retirement." *THE GERONTOLOGIST*, 1981, 21:6, pp. 650-654.

This study took place among people from a Veterans Administration Hospital outpatient clinic in Boston who had retired between 1975 and 1978. The hypothesis was that time-budget studies would reveal retirement as a positive force in the retirees' perception of leisure; more so than among those still working. The findings were negative: that "retirees maintain stable images of themselves as leisure participants." The implication is for the enrichment of pre-retirement leisure, rather than hoped-for modifications after leaving work (7c,8b,9)

19. Boyack, Virginia ET AL. *TIME ON OUR HANDS*. Los Angeles: University of Southern California, Ethel Percy Andrus Gerontology Center, 1973.

Perhaps no other major gerontological training program has been as active in confronting the uses of time by the elderly as the Andrus Center. This 1973 report should be consulted on two scores: as a substantive contribution of discussion and as a model for extending theoretical thinking from a university to a network of community resources. As to the first: the report opens with a general exposition of the problems of leisure for the aging, then describes in detail the organization of the project titled "Time on our Hands," funded by the California Commission on Aging. The report presents four background papers used for discussion at each of four community symposia with representatives from a wide range of community interests. (5c,7c,9).

20. Bultena, G.L. and Vivian Wood. "The American Retirement Community: Bone or Blessing?" *Journal of Gerontology*, 1969, 24, pp. 209-218.

This study analyzes the types of people attracted to age-integrated and age-segregated retirement communities. It concludes that "those in retirement communities were drawn, to a greater than those in regular communities, from the higher socio-economic segments of the aged population." (4d,4e,5c,8)

21. Carlson R.E., Deppe, T.R., and MacLean, Janet. *RECREATION IN AMERICAN LIFE*. Belmont, Calif.: Wadsworth, 1972.

Portions of Ch. 18 present demographic data and describe some problems of the elderly before proceeding to types of programs. The authors are all on the recreation department faculty of Indiana University. (4c,7,8a)

22. Carp, Frances M. *A FUTURE FOR THE AGED: VICTORIA PLAZA AND ITS RESIDENTS*. Austin: University of Texas Press, for the Hogg Foundation for Mental Health, 1966.

This is a well-known study of a high-rise public housing structure in San Antonio. It is a "before" and "after" research starting with 352 applicants and later, those who became residents from one year to 15 months (204). Thus, recreation, particularly in the form of sociability, becomes interwoven with other aspects of life in Victoria Plaza. In research terms, such behavior is used as an "index of morale or adjustment." Among items observed that are relevant to recreation were: number of close friends, preference for active social pastimes, desire for activities and "disengagement index" (Chapter 10). (For a short summary of this research, see Frances M. Carp, "The Impact of Environment on Old People" in *AGING IN AMERICA, READINGS IN SOCIAL GERONTOLOGY*. Cary S. Kart and Barbara B. Manard (eds.). Port Washington, N.Y.: Alfred, 1976, pp. 324-330). (1d, 4c,43,8,9)

- 23 Cunningham, D.A., H.J.Montoye,H.L. Metzner, J.B. Keller. "Active Leisure Time Activities as Related to Age Among Males in a Total Population." JOURNAL OF GERONTOLOGY, 1968, 23, pp. 551-558.

As members of the Department of Epidemiology, School of Public Health, the University of Michigan, the authors turn their attention to the contribution of leisure activities for those whose work requires a minimum expenditure of energy. The study of males, 16 to 69 years, was done in Tecumseh, Michigan--a "natural" community that has rapidly industrialized. Highly useful data is provided on how much time the subjects participated in archery, snow skiing, basketball, etc., and each type of activity was assigned an energy measure. As might be expected, the more arduous activities decrease with the age of participants. Patterns of activity in middle age will generally persist into later life. (1,9)

24. Dahl, Gordon. WORK, PLAY AND WORSHIP IN A LEISURE-ORIENTED SOCIETY. Minneapolis: Augsburg, 1972.

Dahl's book, alongside Joseph Pieper's LEISURE: THE BASIS OF CULTURE (London, 1962) and Harvey Cox's FEAST OF FOOLS (Harvard University Press, (1969) is one of the significant statements on the relation of leisure to religion. Dahl's most famous sentence: "To put it sharply, most middleclass Americans tend to worship at their work, to work at their play, and to play at their worship" (p.12). (The author is a Lutheran minister.) Writing of leisure, he notes. "It prefers immediate satisfaction over promises of future happiness. And it advances the interdependence of men and groups instead of their independence and competitions"(p.90). The elderly are not a special subject of Dahl's work.
(4a,4b,5a,8b)

- 25 Danowski, J.A. and Hanneman, G.J. and Preferences for Interactive Cable Services." JOURNAL OF BROADCASTING, 1980, 24:3, pp. 337-345.

General data on age differences in the use of mass media were applied to attitudes toward the newer micromedia. Age was applied specifically as a variable in Los Angeles and Marin Counties. Residents were asked about their interest in "visiting" with friends and relatives via 2-way cable TV or performing civic functions through cable TV. The L.A. group was also asked about interest in facsimile home devices for news and library service. Those over 60 were more interested in "visits" in significant numbers and for print-out services.
(1c, 1f,4e,9)

26. Davis, Richard H. "Television, Communication and the Elderly" in AGING SCIENTIFIC PERSPECTIVES AND SOCIAL ISSUES. Diana S. Woodruff and James E. Birren (eds). New York: D. Van Nostrand Company, 1975, pp. 315-335.

Among the major issues for gerontologists, both discussed in Davis' chapter, are: 1) the image of elderly persons promulgated by the mass media; and 2) the uses of mass media by the elderly themselves. The TV industry has conducted far more research for its own purposes than motion picture industry; scholars in communications, gerontology and leisure will undoubtedly devote increasing attention to the habits of older persons in this type of recreation and time use, particularly with increased alternatives and more flexible structure in meeting public taste. Attention is called to the bibliography following Davis' discussion (pp. 334-335).
(1c,2,8b)

27. De Grazia, Sebastian, OF TIME, WORK AND LEISURE. New York: The Twentieth Century Fund, 1962.

This is one of the classics on the subject of leisure as an historical phenomenon, based heavily on Greek concepts of the term and the Aristotelian PAIDIA--leisure as a state of being, freedom from necessity. "Leisure is an ideal...the life for thinkers, artists and musicians." Not unexpectedly therefore, this is a classic statement for those who are critical of the use of leisure in our society or of "popular culture".
(4b,4e)

28. Digirino, B.N. and McMahon, M.M. "The Adlerian Theory of Early Recollections: Its Relationship to Leisure Attitudes and Participation among the Elderly." SYMPOSIUM: LEISURE AND AGING, New Orleans: National Recreation and Parks Association Annual Congress, 1979.

Interviews with 90 older persons in a small Illinois community indicate that a positive relationship exists between leisure attitude scores and hours spent weekly in leisure participation. No significant relationships are found between leisure attitude scores and early childhood recollections.
(8,9)

29. Dumazedier, Joffre *SOCIOLOGY OF LEISURE*. New York: Elsevier 1974.

No listing of works on leisure can omit some entries on the lengthy list of works by this world pioneer of the field. His work on the elderly and leisure may be expected in 1983. (with C. Donfut). Among his major works, see also *TOWARD A SOCIETY OF LEISURE* (New York): The Free Press, 1967. Forward by David Riesman); and "Leisure" in the *INTERNATIONAL ENCYCLOPEDIA OF THE SOCIAL SCIENCES*, Vol. 2. His writings cover all the major conceptual issues of the subject, but the French scholar is constantly concerned with an "active sociology" i.e., with transitions to policy. (See especially pp. 181-205 of the present listing, also his discussion on adult education, pp.173-180. Or in the 1967 volume, Part II, "Leisure and Culture", pp. 113-250.) (4b,4e,7c,9)

30. Durand, R.M., Klehmack, D.L., Roff, L.L. and Taylor, J.L. "Communicating with the Elderly: Reach of Television and Magazines." *PSYCHOLOGICAL REPORT*, 1980, 46:30. pp. 1235-1242.

Uses of the media by the elderly were investigated to guide the selection of appropriate ways for communicating information on gerontological issues. Of the 6,056 subjects approached by questionnaire, 14.3% were over 65. Thirty local index markets were the basis for the setting of "reach," i.e., the number of individuals exposed to a medium in eight types of programs: national news, situation comedies, mystery/drama feature films, game shows, soap operas, variety and sports. Seven magazine types were eliminated. Among the results: except for feature films and sports, in each category the "mean reach" was greater for the elderly public, with mystery dramas as the most popular, followed by situation comedies. "Daytime game shows" was twice as high during the day among the elderly; soap operas, 44% higher. The elderly read fewer magazines. (1c,9)

31. Edel, Leon, "Portrait of the Artist as an Old Man" in *AGING, DEATH AND THE COMPLETION OF BEING*. David D. Van Tassel (ed.). Philadelphia: University of Pennsylvania Press, 1979, pp. 193-214.

Some observers of creativity hold that there are unique elements of age that enrich the arts and may in time produce a profound contribution in aesthetic life. One approach is to examine the creative process, to see what maturity or sensitivity has to do with age. A second approach is represented by Edel's analysis of three artists as old men: Leo Tolstoy, Henry James and William Butler Yeats. Among his concluding comparisons, Edel writes "They speak of art as the greatest freedom--or as James put it the 'illusion of freedom'--to be cultivated by men... aging and creativity are closely linked...with fulfillment there can be a rage of doing (James)... a rage of power, renewed and enlarged by the very process of aging." (Yeats) (1a,4e,8)

32. *EMPLOYMENT ISSUES IN RECREATION FOR THE ELDERLY*. Washington, D.C.: U.S. Department of Labor, Bureau of Labor Statistics, Unpublished. May 11, 1979.

Compiled for the Administration on Aging in preparation for the 1982 White House Conference on Aging, this report resulted in part from a conference with 11 experts in recreation and gerontology. An analysis of supply and demand of professional recreation personnel follows an introductory analysis of various settings in which the elderly are served. (7c)

33. Ford Foundation. "A Survey of the Characteristics and Attitudes of Audience for Theatre, Opera, Symphony and Ballet in 12 U.S. Cities" in *THE FINANCES OF THE PERFORMING ARTS*, Part II. New York: Ford Foundation, 1974.

This study, probably still largely accurate, documents the decreasing attendance of older persons at professional performances as well as the low proportions relative to younger persons. Examples of the latter: symphony concerts in 1973, 7% elderly had attended once; of those in their 40s; 10% in their 30s; 11% in their 20s; and 13% of younger persons (p.8). (See Louis Harris listing.) (1a,7b)

34. *FREE TIME: CHALLENGE TO LATER MATURITY*. Wilma Donahue, Woodrow W. Hunter, Dorothy H. Coons and Helen K. Maurice (eds). Ann Arbor: University of Michigan Press, 1958.

Papers read at the University of Michigan's 10th anniversary Conference on Aging, June 24-26, 1957, with "free time" as the theme. Contributors included 12 authorities (Clak Tibbits, Jhon Anderson, Rolf Meyersohn, George Soule, Ernest Burgess, C. Hartley Grattan, Rosche Wax, Maurice Linden, Robert Blakely, Eugene Friedmann, Leroy Waterman and Harold Anderson). (4,5,7,8,9)

35. Gernant, Leonard. "What 814 Retired Professors Say About Retirement." *THE GERONTOLOGIST*, Winter 1972, pp. 349-352.

All 814 respondents (1250 questionnaires were sent out) are in Michigan: 245 are women, 532 are married; most are retired since 1960. 53% of the men had served their institutions over 30 years, 36% of the women. A considerable range prevails in their retirement incomes. Their present health is generally good. Bonds between these professors and their institutions are "quite close". (75% report their colleges keep contacts open). Suggestions were made by retirees for ongoing use of their abilities, as consultants. This article is useful, but leaves many large issues untouched: it becomes increasingly clear that an enormous accumulation of skills and "wisdom" among retirees is ignored. What are the unique contributions that retired intellectuals and teachers could make to the society as a whole? Can the universities play a major role in fostering regional corps of intellectual "volunteers," and what type of community agencies could use such abilities.
(4d,4e,7a,9)

36. Godbey, Geoffrey and Stanley Parker, *LEISURE STUDIES AND SERVICES: An OVERVIEW*. Philadelphia: W.B. Saunders, 1976.

This is a joint effort by Geoffrey Godbey of Penn State's Recreation and Parks Program and Stanley Parker, the leading scholar of leisure in England, who is a researcher in the Office of Population Censuses and Surveys (London); the latter is known in the U.S.A. primarily for his insightful volumes relating work to leisure. Between sections on theoretical and historical perspective on leisure (I) and on the provision of leisure services (III), the writers present chapters relating leisure to work, education, religion, the life cycle (Ch. 6), the family and sexual behaviour. Pages 72-75 summarize (too briefly for the gerontologist) issues relating leisure and the elderly; their observations (as well as those on family), however, are valuable within their comprehensive outline.
(1b,4b,5a,5b,7c)

37. Godbey, G., Patterson, A., and Brown-Szwak, L., "Rethinking Leisure Services in an Aging Population". *PARKS AND RECREATION*, 1982, 17:4, pp. 46-48.

Short article which presents the results of a study done for the American Association of Retired Persons on "The Relationship of Crime and Fear of Crime Among the Elderly to Leisure Behavior and Use of Public Leisure Services". Results showed usage of local parks and recreation and senior centers to be a common feature of urban life for older Americans. Problems in use of parks and centers such as transportation, fear of crime and lack of interesting activities constitute areas of concern that must be addressed by those in public leisure services.
(1,9)

38. Goldenrod Hills Community Action Council. *PROJECT RURAL A.L.I.V.E. (AMERICANS LIVING IN VARIED ENVIRONMENTS): A COMPARATIVE STUDY OF OLDER CAUCASIANS, OMAHA INDIANS AND WINNEBAGO INDIANS IN A NO-COST NUTRITIOUS MEALS AND SOCIALIZATION PROGRAM*. AoA grant 93-P-72025, National Clearinghouse on Aging, SCAN Social Practice Resource Center, C.F. 000 357. Undated.

This study, centered in east Thurston County, Nebraska, evaluated the feasibility for a nutrition and social interaction program to the elderly segments indicated. Most participants enjoyed looking at photographs, discussing grandchildren, bingo and visiting the sick.

Little enthusiasm for movies, current events, discussions or books (read or heard on tape). It was nearly impossible to develop new activities. Favorites: among Caucasian elderly, bingo; Omaha Indians, Indian games and visiting.
(1,6,7b,7c,10)

39. Gordon, C., Gaitz, C.M. and Scott, J. "Leisure and Lives: Personality Expressivity Across the Life Span" in *HANDBOOK OF AGING AND THE SOCIAL SCIENCES*. R. Binstock and E. Shanas (eds.). New York: Van Nostrand Reinhold Co., 1976.

In this important piece, 15 tables of data are introduced with general observations: "Older people appear to use their leisure for many of the same activities as younger people, but with varied age patterns for different activities." Such differences are described. Two-thirds of elderly averaged two hours daily in visiting (persons visited were over 60 for the most part); much TV, little radio; growing interest in "serious subject matter." An indispensable source.
(1,8,9)

40. Graney, Marshall J. "Media Use as a Substitute Activity in Old Age." *JOURNAL OF GERONTOLOGY*, 1974, 29:3, pp. 322-324.

Why is mass media so important to older Americans? Perhaps, according to Graney's hypothesis, it substitutes or compensates for other forms of activity. His findings are negative: "no relationship between community participation and either neighborhood activity or several measures of media use." Recognizing the need for longitudinal research, for observing individual differences, and for observing modes of social communication other than contact with neighbors, friends and relatives, the writer does not entirely forsake his "substitution" hypothesis in lieu of more research.
(1c,5c,9)

41. Gray, H.R. "Perspective: A Developmental View of Aging and Leisure Services". *AGING AND LEISURE LIVING*. 1980, 3:1, pp. 16-18.

"Values" and "meanings" have become important in the current thinking on leisure and aging. The "developmental" view considers four approaches to the elderly: rejection, social services, participations and selfactualization. The last approach is just beginning to be taken seriously, according to the author.. "Self-actualization" is based on Maslow's heirarchy of needs.
(4e,7c,8)

42. Green, Arnold. *RECREATION, LEISURE AND POLITICS*. New York: McGraw Hill, 1964.

One of the best-written and most provocative early books on leisure--and hardly known. In Chapter 4, the sociologist writes under the headings: "What youth and the aged share," "Segregation of the old," "What youth and the aged do not share" and "What the old want."
(4b,5c,8a)

43. Gutin, R. "Elderly Recreation Vehicle Tourists: Life Satisfaction Correlates of Leisure Satisfaction". *JOURNAL OF LEISURE RESEARCH*, 1980, 12:3, pp. 198-204.

Data were obtained on 406 men and women 50 years or older on a 13-item "life satisfaction index". The primary predictor of "leisure satisfaction" was based on the feeling that as one grows older, things seem better than anticipated. The "affective domain" should be considered by agencies that plan or provide leisure opportunities for elderly recreation vehicle tourists.
(1e,7b,8a)

44. Havighurst, Robert J. "Life Beyond Family and Work" in *AGING IN WESTERN SOCIETIES*, Ernest W. (ed.) Chicago: University of Chicago Press. 1960, pp. 299--353.

Traditional attitudes and policies toward the elderly have been affected during the apst two decades with the changing economic conditions (especially inflation) in Sweden, Denmark, Switzerland, West Germany, the Netherlands, Freat Britain and the United States. Yet in these countries, the thrust of Havighurst's observations remains useful, even if current data were to be substituted. For each country he addresses the same issues: role of club or association member, role of friend or informal group member, role of citizen, role of church member, role of user of leisure time and role of student. The most importante comparative study of leisure followed Haavighurst's contribution by a decade, but (for reasons inherent in the nature of the study) older persons were not covered in the 12-nation time-budget project, *THE USE OF TIME*, Alexander Szalaid, ed. The Hague: Mounon, 1972. One of the permanent research committees within the International Sociological Association is on aging.
(3,4a,4b,5b,9)

45. Havighurst, Robert J. "The Future Aged: The Use of Time and Money." *THE GERONTOLOGIST*, February, 1975, Supplement, pp. 10-15.

This attempt to look into the future, including new leisure patterns, uses data cautiously and sensibly, as we have come to expect from this distinguished scholar. The options for older persons in the U.S. will continue to enlarge, continuing the trend of twentieth-century technology.

More time and more discretionary income will be available. Only 8 years after the Chicago sociologist-gerontologist-educator developed his optimist thesis, the world-wide economic condition might suggest a more qualified series of projections.
(7c,9)

46. Havighurst, Robert J. "The Nature and Values of Meaningful Free-Time Activity," chapter 11 in *AGING AND LEISURE*, Robert W. Kleemeier (ed.), New York: Oxford University Press, 1961.

For a summary of the entire volume, see below under Kleemeier.) This piece, one of the most long-lasting in the collection, illustrates Havighurst's lucidity of style, his clarity of mind and his vision. He bases his comprehensive description and interpretation of leisure on the categories of physical action, social action, mental action, and "vegetation." He notes the increased freedom of choice that now confronts the retiree, resulting partly from better working conditions and a higher standard of living. Age, sex and social class are analyzed as factors in the use of time. In his overview, Havighurst sees a "plateau" in personal use of non-work time from ages of 40 to 65 or 75; then there comes a personality change and the emergence of leisure patterns that "will in any case constitute the meaning of this last phase of his life, worthy or unworthy, pleasant or unpleasant. If he is fortunate, it will also lead to his fulfillment.(1,4,9)

47. Henley, Barbara, L. Zeitz and G. Reader. "Uses of Free Time by Ambulatory Chronically Ill Elderly Patients." JOURNAL OF AMERICAN GERIATRICS SOCIETY, 1962, 10, pp. 1081-1091.

Some laymen (and sophomores in sociology courses) put down the social sciences for "proving the obvious." This article serves as a wellwritten rejoinder, for it produces tangible evidence to help explore--and explode--the "obvious" folk wisdom which turns out to be a myth: that the elderly, having "paid their dues," are sitting around knitting, dozing and taking pills. The myth is examined here in hour-long questioning of 167 patients, drawn at random from over 2000 patients in a general urban medical clinic--all over 60. The conversation covered a wide area, from finances to illnesses, family relationships and uses of free time.

Chronological age is found not to be a "reliable indicator" for amounts and types of leisure activity. The "busy" older person is not necessarily more contented than the idler, for too many other factors are involved.

However, few idlers were found. The elderly who made up this group, even with a high proportion having low incomes, were busy, had hobbies and watched much television.

(4e,9)

48. Hoar, J. "A Study of Free-time Activities of 200 Aged Persons." SOCIOLOGY AND SOCIAL RESEARCH, 1961, 45:2, pp. 157-163.

In Oxford, Mississippi, the study showed that aging is related to narrowing interests, changes in types of activities and increased time (especially among males). For males in their 60s, characteristic activities: gardening, TV, fishing or hunting; males in their 70s: resting, TV, gardening and reading; females in their 60s and 70s: reading, visiting, TV; females in their 80s: reading, resting, gardening and sewing.

(1,9)

49. Hoffman, Adeline M. (ed.) THE DAILY NEEDS AND INTERESTS OF OLDER PEOPLE. Springfield: Charles C. Thomas Co., 1970.

This book of readings is addressed primarily to home economists to serve as "a source of information on the needs and interests of older people."

Applications are proposed for courses in curricula for the profession as well as in extension service programs and social work.

(1b,7c)

50. Hughston, G., Axelson, L. and Keller, J.K. "Leisure Preference of the Elderly: Family Ties, Responsibilities, and Reflections." SYMPOSIUM, LEISURE AND AGING. New Orleans, National Recreation and Parks Association Annual Congress, 1979.

One hundred and fifty elderly residents in a small Virginia community were studied. Most common activities: church activities, 70% cooking, 46% and gardening, 43. The "best" time for them to leave their homes, 7:00 - 9:00 a.m., when centers for aging are usually closed.

(4e,5b,9)

51. Hutchinson, Enid. LEARNING AND LEISURE IN MIDDLE AND LATER LIFE. England: The Pre-Retirement Association, National Institute of Adult Education and National Old People's Welfare Council, 1970.

Since the turn of this century, those of pensionable age in the United Kingdom rose from 6.1% to 15% of the population. Questions asked in the introduction of this study suggest its purposes: "What is going to happen when the thirty-hour or three-or four-day week becomes universal? How are we going to keep these people from being the most discontented, depressed people in the country? How are they going to be encouraged and enabled to make of their retirement a new and positive phase?" The research was not conducted among older persons directly, but of 3549 interviewees among the general population and a sampling of students in adult education. Among the check list about leisure, club membership and attitudes toward ongoing education, there were several references to present or anticipated retirement. The inquiry was conducted largely by volunteer housewives who were recruited and trained by the National Institute of Adult Education.

(1b,3,7c,9)

52. International Center for Social Gerontology. THE VACATION RESIDENTIAL EXCHANGE PROGRAM FOR OLDER PERSONS: FINAL REPORT OF A MODEL PROJECT DEMONSTRATION. International Center for Social Gerontology, 1978.

Description of a (VRE) "vacation residential exchange" for low-income elderly in public housing, adopted from European experience. Tenants (up to 20) exchange living quarters for 10 days and "vacation" in each other's communities. Travel was covered by private contributions. Activities included tours, dinners, theatres, museums, etc. The total demonstration covered 11 exchanges among contrasting communities. The 276 "travelers" were from 52 to 91 years of age; 71.6 was the mean age; 86% whites, 14% blacks. Evaluation showed positive impacts. Two papers by older participants are included in the report. For a manual on VRE, see same organization publication, 1977, 81 pp. (1e,3,7c,9)

53. Johnson, A.C. and Prieve, E.A. OLDER AMERICANS: THE UNREALIZED AUDIENCE FOR THE ARTS. Madison, Wis.: University of Wisconsin, Graduate School of Business, 1976.

This is the most intensive study of the elderly as audience. Most elderly cannot afford concerts, or lack transportation or prefer to stay at home. Yet "rich in life experience and possessing substantial leisure time, the older Americans would seem a natural addition to an arts audience." The authors's data, however, noted that older persons constitute less than 10% of the audience in nearly 80% of the arts organizations they surveyed. Among administrators of these programs, less than 8% expressed an interest in the elderly; less than half (43%) offer discounts to older persons. (1a,7c,9)

54. Jones, J.E. "Teaching Art to the Elderly: Research and Practice." EDUCATIONAL GERONTOLOGY, 1980, 5:1, pp. 17-31.

General observations and percepts for success with older persons. Examples: the importance of simple assignments; avoid pressures of deadlines; preference for class work; post secondary education as the major factor in selecting art activity; and the importance of a supportive teacher. (1a,7c)

55. Kanner, Elliott. THE IMPACT OF GERONTOLOGICAL CONCEPTS ON PRINCIPLES OF LIBRARIANSHIP. Madison, Wis.: University of Wisconsin, 1972.

This important doctoral dissertation examines the literature of professional librarians from 1876 to the present, to study the awareness of the needs and habits of elderly readers. The author traces the impact of the American Library Association. Until 1941, the elderly were overlooked. The Kansas City study of adult likes, under Havighurst (1957), had a genuine impact. THE GERONTOLOGIST began in 1961. Also important was the 1961 White House Conference on Aging, the creation of the National Council on the Aging (1950), the Federal Council on the Aging (1956) and the Senate Subcommittee on Aging (1956). Kanner concludes (pp.89-90) that "Gerontological concepts did not become widely known in the library profession until nearly a decade after formal establishment of gerontology as a field of research and practice." (1b,5c,8b)

56. Kaplan, Max. "Aging and Leisure". INTERNATIONAL ENCYCLOPEDIA OF NEUROLOGY, PSYCHIATRY, PSYCHOANALYSIS AND PSYCHOLOGY, New York, 1977.

A broad introduction to the issues relating to gerontology, leisure and (more loosely) the psychological disciplines. A number of examples are provided of leisure activities in various nations. (3,8)

57. Kaplan, Max and Attias-Donfut (guest eds.). EDUCATIONAL AND LEISURE-TIME ACTIVITIES OF THE ELDERLY. Special Issue, No. 4, of SOCIETY AND LEISURE,, (Prague: European Centre for Leisure and Education.)

SOCIETY AND LEISURE is the official journal of the Committee for Leisure and Popular Culture of the International Sociological Association, moving in 1983 to Utrecht, the Netherlands. A rich collection of essays is to be found here: 1) Introduction by the editors, discussing applied research; J. Dumazedier (France), "From the Sociology of Leisure to Social Gerontology", S.R. Parker (Great Britain), "Leisure and the Elderly", F. Govaerts (Belgium), "Leisure and Women of the Third Age": J.P. Butaud (France), "A Video-investigation into a Retirement Institution", M. Mori (Japan), "The Elderly and Leisure in Japan": And V. Shcimmerlingova and B. Kaufman (Czechoslovakia), "Activities and Interests of People over Seventy." (1b,3,4b,9)

58. Kaplan, Max, *LEISURE: LIFESTYLE AND LIFESPAN*, Philadelphia: W.B. Saunders, 1979.

This volume starts with the elderly as a "social role"; this concept, as used here, follows the sociological theory of Florian Z. Naniecki. A section on "freedoms" discusses the decline of the work role and the rise of the leisure role in relation to the medical and social services, social and political "ageism" and creative lifestyles. A section is devoted to such environments as the community senior center and the nursing home. Under "activity experiences," data and observations on aesthetic, civic, intellectual, mass media, social, spiritual and touristic activities.

The last section addresses programming, counseling and training policies for gerontologists. An extensive bibliography lists materials on leisure in general and leisure and aging, information resources, United States Government publications and organizations.
(1,2,4a,4d,4e,5c,5d,7,8b,9)

59. Kaplan, Max "The Uses of Leisure" Chapter XII in *HANDBOOK OF SOCIAL GERONTOLOGY*, Clark Tibbitts (ed.). Chicago: The University of Chicago Press, 1960.

This is one of the early attempts to outline the emergence of the "new leisure" and to draw implications from it for retirement in general. For its theoretical base (such as a "construct" of leisure) and for its categories of leisure ("activity-experiences"), the author drew heavily on his volume, *LEISURE IN AMERICA: A SOCIAL INQUIRY* (New York: John Wiley & Sons, Inc., 1960). Those engaged in leisure or recreation counseling have a special concern with the dynamics of various forms of leisure recreation: in the present writing, sociability and association, games and art exploration and immobility. (See also his essay in the Kleemeier listing below.)
(1,4b,7a)

60. Katz, and Gurevitch, Michael. *THE SECULARIZATION OF LEISURE: CULTURE AND COMMUNICATION IN ISRAEL*. London: Faber and Faber, 1976.

Israel has a record of unusual concern with its elderly, especially in the KIBBUTZIM which are committed to care for their members throughout life.

Concurrently, in spite of its historical ethic of hard work, policies for leisure and recreation have received close official attention. This research contribution refers often to the elderly in its factual study of the religious traditions; attitudes about the work-week, the Sabbath and holidays; patterns of free-time use; family life; television and private study. All of this is considered in the perspective of national values and cultural integration. Aside from specific issues in Israel, the Jewish position on time and values has been significant to leisure theory everywhere. Look for forthcoming *LEISURE: TOWARDS A THEORY AND POLICY*, proceedings of a 1979 world conference in Jerusalem, with Professor Hillel Kuskin of Hebrew University as editor, Fairleigh-Dickinson University Press.
(1,3,43,5,6,8,9)

61. Kim, P.H. and Lamprey, H. *A BIBLIOGRAPHY ON RURAL AGING*. Lexington, Ky.: University of Kentucky, 1979.

Annotated, 553 references through 1979. Leisure and recreation are listed under mental health.
(2)

62. Kivett, V.R. and Orthner, D. "Activity Patterns and Preferences of Rural Elderly with Visual Impairment." *THERAPEUTIC RECREATION JOURNAL*, 1980, 14:2, pp. 49-58.

Secondary data, 1977-78; random sample of 418 rural adults, 65-99 years of age, focusing on the 23% with "fair" or "poor" eyesight. Favorite pastimes of visually impaired elderly: TV (75%); church activities (70%); entertaining friends (57%); sitting and thinking (56%); gardening (52%); radio (48%) and reading (43%). Club activity, only 11%. Among the most important of the recommendations: establish listening-based skills and games for the visually-impaired rural elderly
(1,7c10)

63. Kleemeier, Robert W. (ed.). *AGING AND LEISURE*. New York: Oxford University Press, 1961.

This is perhaps the most important single volume addressed directly to the subject, with contributions by Kleemeier, Margaret Gordon, Fred Cottrell, Robert Smith, Sebastian de Grazia, Nelson Foote, Wayne Thompson, Gordon Streib, Harold Wilensky, Rolf Meyersohn, Robert Havighurst, Charlotte Buhler and Max Kaplan. An appendix consists of four reactions to some chapters by John Anderson and Margaret Blenkner. As expected from such a collection, a wide range of empirical, historical and analytic methods are applied to major issues. The volume was a project of the research committee of the section on Psychology and the Social Sciences of the Gerontological Society. A unique feature of the method used in preparation of this volume was that

writers were brought to Washington University twice, first with preliminary chapters (May, 1959), then with completed drafts (January, 1960).
(1,4,5,7,8)

64. Koch, Eric. *THE LEISURE RIOTS: A COMIC NOVEL*. Montreal: Tundra Books, 1973.

This work of fiction is a remarkable depiction of what may happen when many persons are displaced from work by technology. As sabotage is observed in leisure areas or facilities, the government assigns a "think tank" to rekindle interest in living. (Cf. also Kurt Vonnegut, *THE PIANO PLAYER*.)
(4b,8)

65. Kreps, Juanita. "The Allocation of Leisure to Retirement" in *TECHNOLOGY, HUMAN VALUES AND LEISURE*. M. Kaplan and P. Bosserman, (eds.) Nashville: Abingdon Press, 1972. (Appendix A, pp. 239-244).

Dr. Kreps of Duke University, later Secretary of the Department of Commerce, is one of the few economists who is also well-versed in gerontology. See also her report, with J.J. Spengler, "The leisure component of economic growth," Appendix, Vol II, National Commission on Technology, Automation and Economic Progress, Washington, D.C.: Government Printing Office, 1966, pp. 353-397.
(4d,5c,7c,9)

66. Kreps, Juanita M. "The Allocation of Leisure to Retirement," in the *RETIREMENT PROCESS: REPORT OF A CONFERENCE*. Frances M. Carp (ed.) Bethesda, Md.: National Institute of Child Health and Human Development, 1968.

As a background, Kreps presents a visual model of a traditional social (policy) circle, linking low incomes of retirees from the "cause" (retirement) to the "solution" (creation of more jobs and earnings). An alternative model is presented, based on the "more realistic" facts: a decline in labor-force participation by older men; the values of free time at different stages of one's life cycle; varying income through the years; the "timing" of both work and leisure; and how leisure is "paid for" according to its utility. The author then comments on recent trends and projections in the amount and timing of leisure. A table traces "prospective growth in productivity an possible uses of released time" from 1965 to 1985. (There is some overlap in this paper and that listed under the preceding entry.)
(5c,7c,9)

67. Kubie, Susan H. and Landau, Gertrude, *GROUP WORK WITH THE AGED*. New York: Greenwood Press, 1953.

About 30 years old, this book remains useful for the larger issues and principles raised by the authors as they reviewed nine years of recreational activities in Hodson Center--40 members averaging over 70 years of age. Aside from discussions of what happened in such programs as woodwork, painting, poetry, parties, music, dramatics and discussion groups, the writers' experiences in counseling are recounted. Contemporary "senior centers" still share the message of that volume as "only beginning in restoring to the old the right to live life to the end with the fullest opportunity to use one's capacities" (p.214).
(1,7,7a)

68. Lambing, M.L. "Leisure-time Pursuits Among Retired Blacks by Social Status." *THE GERONTOLOGIST*, 1972, 12, pp. 363-367.

A study of the leisure activities of 101 retired blacks in Florida, aged 48-105. Within comparable socioeconomic groups, blacks and Caucasians show similarity, except that black retired professionals show less interest in sports. Conclusion: socioeconomic status seems to be more important than race.
(1,6,9)

About 30 years old, this book remains useful for the larger issues and principles raised by the authors as they reviewed nine years of recreational activities in Hodson Center--40 members averaging over 70 years of age. Aside from discussions of what happened in such programs as woodwork, painting, poetry, parties, music, dramatics and discussion groups, the writers' experiences in counseling are recounted. Contemporary
69. Larrabec, Eric and Meyersohn, Rolf (eds). *MASS LEISURE*. Glencoe: The Free Press, 1958. *

This volume remains one of the basic contributions to the general discussion of leisure. Its 41 essays include such authors as Bertrand Russell, Margaret Mead, Aldous Huxley, Jean Piaget, Johan Huizinga, Josef Pieper, Russell Lynes and David Riesman. None of the essays is addressed specifically to issues of older persons, although a number touch on changing work patterns and retirement. An extensive bibliography by Meyersohn is included, arranged by decades, from 1900-1929 to 1950-1958.
(1,2,4,5,8,9)

70. Lawton, M. Powell. "Leisure Activities for the Aged", ANNALS OF THE AMERICAN ACADEMY OF POLITICAL AND SOCIAL SCIENCE, 1978, 438, pp. 78-80.

In this study, the author turns to "time" as his initial concern, followed by observations on other determinants in the choice of activities: social values, changes in needs, biological changes and the external environment. He traces current leisure expectations for the elderly from mid-life and middle class values; he suggests that future leisure patterns for older persons will emerge from models of today's educated and higher educated elderly. More creative programming is urged.
(1,4e,9)

71. Leanse, Joyce. SENIOR CENTERS: REPORT OF SENIOR GROUP PROGRAMS IN AMERICA. Washington, D.C.: National Institute of Senior Centers, The National Council on the Aging, Inc., 1975.

Of the senior centers studied, almost 40% of the total hours spent there were for leisure programs (see p. 30 for average hours spent in each leisure activity per month.) The study observes the "targets" sought and reached; a breakdown of the populations served is provided. (Centers were in communities whose average population was over 350,000). Tours and trips were popular attractions; table games were popular; music exceeded other arts in interest; less than 15% of center participants took academic courses in learning to cope with daily problems were popular.

"Opportunities that give recognition and status to participants are considered a major potential function of senior centers and clubs" (p. 49).

For a digest of each of 30 centers with reference to leisure programs, see listing under Number 58, pp. 106-115.
(1,7,9)

72. LEISURE AND THE 3rd AGE, III. International Course of Social Gerontology (Dubrovnik, May 15-19, 1972). Paris: International Center of Social Gerontology (3, Place des Etats-Unis, 75116 Paris).

The first part of this collection of papers read in Yugoslavia consists of papers by Dumazedier (France), Havighurst (U.S.A.), Kaplan (U.S.A.), Kozarevic (Yugoslavia), Ledig (W. Germany), Townsend (Great Britain) and Yeremenko (U.S.S.R.). Part two consists of reports from roundtable discussions on a variety of topics, including: social meaning of holidays, town-planning and leisure, mixing age groups in leisure, etc.
(3,4,7c,8)

73. Lemmon, Denise and H.A. Pieper. "Leisure Pursuits and Their Meaning for the Institutionalized Elderly Population." JOURNAL OF GERONTOLOGICAL NURSING, 1980, 6:22, pp. 74-77.

A random sample of 50 women were drawn from a list of institutionalized residents; with a mean age of 76 years, they ranged from 57 to 99 in age. One part of the study consisted of ranking activities on a scale of ten, based on purposes or motivations such as "useful to oneself," monetary gain, passive, service-oriented and self-improvement. Contrary to popular belief, respondents preferred individual over group activity; TV was ranked as both individual and group; passive activities were preferred most, followed by those to oneself; money rewards were least desired; religious activities scored high. Implications for programs are suggested.
(1,5d,7c,9)

74. Lerner, Joseph. "Recreational Activities for the Aging" JOURNAL OF THE AMERICAN GERIATRICS SOCIETY, 1964, 12, pp. 323-327.

With due respect to these impressionistic, general pleas by an M.D., this piece is useful not alone for its argument that a "well-organized program by volunteers for recreational activity for the aging involves gearing the program to the cultural, social and economic background of the bulk of the clients for whom the program is being planned." Such a vision is now a SINE QUA NON in every gerontological circle, and hopefully (not actually) in proprietary as well as public nursing homes.
(7a)

75. Lewko, J. and Crandall, R. "Research Trends in Leisure and Special Populations." JOURNAL OF LEISURE RESEARCH, 1980, 12:1, pp. 69-79.

Part I reports a questionnaire study of 371 respondents, of whom 57 are directly involved in leisure research concerning special populations.

Common research areas include the leisure "needs" of clients (30% elderly), program development and counseling approaches. Part 2 reviews 13 1976 research articles: a trend toward acquiring a data base seems indicated, with increased attention being given to "antecedents" and "consequences" of leisure; also to leisure as a form of therapy.
(4b,7,8,9)

76. Louis Harris, Inc. *ASERICANS AND THE ARTS, A SURVEY OF PUBLIC OPINION*. New York: Louis Harris, Inc., 1977.

Harris polls results were comparable to those in the Ford Foundation survey (listed reference) on attendance figures for older persons. "People 16 to 20 and those 21 to 34 attended museums an average of 4.4 and 4.7 times, respectively, during the year...compared with 1.9 times by those 65 and over. Sixty percent of the elderly never attend any of the performing arts."
(1a,9)

77. Miller, Stephan J. "The Social Dilemma of the Aging Leisure Participant" in *AGING IN AMERICA, READINGS IN SOCIAL GERONTOLOGY*. C.S. Kart and B.B. Manard (eds.). Port Washington, N.Y.: Alfred, 1976, pp. 264-285.

A contribution to the socio-psychological aspect of aging, using the concept, "social role" ~~66~~See also Robert C. Atchley listed under entry 10.)
(4a,8)

78. Monk, A. and Cryns, A.C. "Predictors of Voluntary Intent Among the Aged" *THE GERONTOLOGIST*, 1974, 14:5, pp. 425-429.

Report of research in Buffalo to explore the social and personal attributes of older persons in a white, ethnic, working-class neighborhood, with an interest in participation in voluntary associations.
(1f,6)

79. Murphy, Judith. *THE ARTS AND OLDER ADULTS: A NATURAL ALLIANCE. A REPORT ON THE CREATIVE ARTS CENTER FOR OLDER ADULTS*. New York: Human Relations Center, New School for Social Research, 1979.

This is a good example of one major project, funded by the "special projects" division of the National Endowment for the Arts. See pp. 68-77 for an evaluation that contains useful principles for policy-makers and planners.
(1a,7c,9)

80. McAvoy, Leo H. "The Leisure Preferences, Problems, and Needs of the Elderly." *JOURNAL OF LEISURE RESEARCH*, 1979, 11:1, pp. 40-47.

This report documents the results of a survey of the leisure pursuits and interest of 540 older Minnesotans. Indoor leisure activities were preferred by and participated in by most survey respondents. Those who go outside do so to walk or to garden. Of course, much depends on urban, rural or other physical conditions of place.
(1.7c,9)

81. McLean, C. "Models and Procedures for Evaluating Government-Provided Leisure Services". *EVALUATION AND PROGRAM PLANNING*, 1978, 1:2, pp. 135-139.

Two surveys were developed to see if the public was aware of existing or alternative leisure services. Criteria were established to measure program performance. Questionnaires were with 2,345 users. Most common reasons for "non-use" were "lack of knowledge" "too busy" and "use of other public or private facilities." Parks and recreation programs were more sensitive to various meanings of "equitable" use.
(5c,7b)

82. McLeish, John A.B. *THE ULYSSEAN ADULT*. Toronto: McGraw-Hill Ryerson Limited, 1976.

The major controversy in social gerontology centers on its goals: should it direct its energies toward protecting, serving, preserving the elderly as they loosen their ties and "disengage?" Or should it assume an ongoing growth, self-actualization in the form of vital "activity?" McLeish's book stands in stark contrast to the "disengagement" theory, as he rails in his foreword, against "this philosophy of doom and decay." This book has become a classic statement about the creative potential of later years.
(4,7,8)

83. Morgan, Ann and Geoffrey Godbey. "The Effect of Entering an Age-Segregated Environment Upon the Leisure Activity Patterns of Older Adults." *JOURNAL OF LEISURE RESEARCH*, 1977, pp. 177-190.

When persons move into a home for retirees, do they tend to drop any of their past leisure activities or add to them; and, therefore, what is the total change in this aspect of their lives? This was the problem addressed by the authors to 160 residents of a retirement village in Sacramento, California.

Quite related to the results was some pertinent evidence on the "disengagement" theory. As to the last, a "general consistency of participation was uncovered" and thus "a relocation of aging individuals to an age-segregated environment does not appear to have furthered the disengagement process." The inquiry concludes that relatively little change occurs in leisure lifestyles. Implications are drawn for providers of services and planners: the prior leisure patterns of new residents should be determined; positive attitudes toward leisure are significant, and should be studied; sex and health were important for prediction of leisure behavior, as were prior type of residence, education and current income. Sophisticated statistical tools are used in the study, supplementing a set of findings that conform to impressions among progressive gerontologists and recreationists.

(4a,5d,7c,9)

84. Neulinger, John. *TO LEISURE: AN INTRODUCTION*. Boston: Allyn and Bacon, 1981.

Several decades ago, Karl Menninger was one of the first psychiatrists to recognize the importance of leisure on psychological levels. Presently, Prof. Neulinger (the graduate psychology department, City College of the City University of New York) is the most prominent humanistic psychologist to devote his major writings to leisure. This is an excellent presentation of the role of leisure "within the context of the quality of life."

(Preface) Addressed to students and professionals. See especially Ch. 9, "Leisure Throughout the Life Cycle," pp. 168-173 and "Adulthood and Old Age." Also, an extensive bibliography on psychological aspects of leisure and recreation, pp. 239-258.

(2,4a,4b,8)

85. Nystrom, Eleanor. "Activity Patterns and Leisure Concepts Among the Elderly." *THE AMERICAN JOURNAL OF OCCUPATIONAL THERAPY*, 1974, 28:6, pp. 337-345.

A significant probing into such issues as: "Does participation in activity decrease with age...? Are age-related changes responsible for passive rather than active forms of activity? Does a preference for various kinds of activity...reinforce the activity orientation assumed by gerontology practitioners?"

(1,4b,8b)

86. Palmore, Erdman B. "The Effects of Aging on Activity and Attitudes" in *AGING IN AMERICA: READINGS IN SOCIAL GERONTOLOGY*. Port Washington, N.Y.: Alfred, 1976, pp. 252-262.

Data on four sets of interviews between 1955 and 1967 with 127 persons (with a mean age of 79) at the final interview. Longitudinal research is rare. Emphasis was given to interpreting the consistency of changes between the various three-year intervals. The Chicago Inventory of Activity and Attitudes was used. Contrary to general impressions, no overall decline was found in activities over the decade, especially among men. The decline in activities that was observed derived from lesser "satisfactions."

(8a,9)

87. Parker, Stanley. "Retirement--Leisure or Not?" *SOCIETY AND LEISURE*. (Trois Rivieres: Les Presses de L'Universite du Quebec) 1979, 2:2, pp. 329-338.

This foremost authority on leisure developments in Great Britain draws on data from 1978 by the Social Survey Division of the Office of Population Censuses and Surveys (London) about both employed and retired men (55-72) and women (50-72). It is largely a conceptual piece, however, adding to Parker's contributions to the relation of work and leisure. He notes that the leisure of retirement is either a compensation for unpleasant work or replacement for valued work lost. Most older persons fall between those who enjoy an easy, planned retirement and those who are resentful and illprepared. Parker's research shows that retirees are no more active in leisure than older workers. Leisure as mere entertainment will satisfy only those who expect little form life.

(4b,4d,8a,9)

88. Perrin, C. "Quality of Life Department of A Nursing Home." *JOURNAL OF THE AMERICAN HEALTH CARE ASSOCIATION*, 1980, 6:1, pp.43-47.

This "department" of a 150-bed nursing home is described in terms of recreation, social work and religious functions. Among the principles observed: purpose is to enhance dignity, independence, choice, identity and social interaction; effectiveness of "reality orientation", assessment of each patient's needs and individuality.

(4c,5a,5d,8)

89. PERSPECTIVES ON AGING: I, RESEARCH FOCUS. Frances G. Scott and Ruth M. Brewer (eds.). Eugene, Oregon: Center for Gerontology, 1971.

Chapter IX, "Leisure and Retirement," consists of an introduction by Frances Scott and two papers: Irving Rosow, "Retirement, Leisure and Social Status" and Robert Blakely, "The Way of Liberal Education."

Both papers are reprinted from other sources.
(4b,4d,9)

90. Peterson, C.A. "Aging: Perspectives and Planning for Leisure Participation." AGING AND LEISURE LIVING, 1980, 3:1, pp. 4-6.

Two concepts on leisure are compared: "discretionary time"--time free from work--(described as unsuited to the elderly) and the more useful "holistic" approach-- leisure as opportunity for meaningful activities and experiences independent of the work ethic. The latter approach requires barrier-free design, i.e., all environments are useful for leisure; what is sought ideally is easy involvement and access to new experiences.
(4b,7c)

91. Pieper, Joseph. LEISURE, THE BASIS OF CULTURE. London: Faber, 1962.

Pieper's classical statement, basic to any theoretical study of leisure, is based on theological and philosophical thought. The small volume succeeds in reviving a pre-Lutheran and pre-Calvinist period before the "work ethic" infected and reflected industrial capitalistic societies. Asserting that work has been overvalued, and balancing Kant's conception that the good is normally difficult, Pieper asserts that "the highest moral good is characterized by effortlessness because it springs love" (p.40). An important work for those concerned with the ethical aspects of activities for the elderly.
(4.5a,8)

92. Poner, Morton. "Retirement and Leisure" (Ch. 10) in TO THE GOOD LONG LIFE: WHAT WE KNOW ABOUT GROWING OLD. New York: Universe Books, 1974, pp. 164-192.

A General essay, with many insights on attitudes toward retirement: need for retirement planning; the purposes of leisure programs; a summary of the Riley-Foner data on use of time by elderly; several examples of real people in retirement; comments on the Foster Grandparents Program, SERVE, SCORE, RSVP, VISTA, V.I.P. and Senior Aides; and importance of education. "In its way, education meets all the psychological and social needs of the older person. A prime loss in retirement is the loss the loss of occupational identity...ex-businessmen, an ex-farmer.... By going back to school, he becomes a present student and assumes a perfectly acceptable and honorable new-identity" (p.192).
(1b,4b,4d,5c,7c)

93. Ragheb, Mounir G. and Charles A. Griffith. "The Contribution of Leisure Participation and Leisure Satisfaction to the Life Satisfaction of Older Persons". Paper for SPRE for SPRE Research Symposium, National Recreation and Parks Association, Phoenix, Arizona, October 1980.

A research paper that concludes: "The higher the frequency of participation in leisure activities, the higher the life satisfaction....These findings support the activity engagement theory...the importance of offering older adults leisure opportunities...."For copies, write: Department of Human Services and Studies, Florida State University, Tallahassee, Florida.
(1,4e,8,9)

94. Rapoport, Rhona and Robert, N. (with Ziona Strelitz). LEISURE AND THE FAMILY LIFE CYCLE. London and Boston: Routledge and Kegan, 1975.

The authors, co-directors of the Institute of Family and Environmental Research (London), employ much case material to study lifestyles for all ages. See Ch. 5, "Lifestyles for Years" and Ch. 6 "Leisure Provision." A superb theoretical statement mingled (in the English tradition of social science) with policy prescriptions.
(4,5b)

95. RECREATION FOR OLDER AMERICANS: CONCEPTUAL APPROACHES TO RESEARCH. Washington, D.C.: National Recreation and Park Association, prepared for Administration on Aging, 1968.

The recreation profession is a major force in the planning and delivery of services for older Americans in a variety of environments: community center, parks, playgrounds, schools, hospitals and so on. Its major organization, the National Recreation and Park Association is a depository of research and conceptualization on recreation for the elderly that is invaluable to gerontologists. The present document reports a 4-day Washington conference in 1968, climaxing the efforts of researchers and practitioners from various disciplines "in catalyzing recreational research related to older Americans." Six teams of consultants had been provided an overview of research literature of the field, background documents on specific problems and areas of concern. Each team developed proposals for research and demonstration projects. Thus the 1968 conference was devoted to an assessment of these proposals toward potential implementation. Aside from general discussion papers of the conference, one proposal is presented in full; it centers on the effects of environmental determinants on the recreational behavior of the elderly. Also included is the conference paper by Rolf Meyersohn. (4c,7c,9)

96. Reed, G.R. SURVEY OF ELDERLY PARTICIPATION IN COMMUNITY ACTIVITIES FOR AGED. Western Idaho Action Program, Inc., National Clearinghouse on Aging, SCAN and Social Practice Resource Center, CF 000 233, 1970.

A report on a five-county project, including mostly rural elderly. A. strong recreation program includes dances, bus trips, picnics, parades and pot-luck dinners. Recommendations are made: diverse programs to include the less healthy; use of professional consultants for dealing with interpersonal problems and use of centers as casual gathering places. (7c,10)

97. Roadburg, A. "Perceptions of Work and Leisure Among the Elderly". THE GERONTOLOGIST, 1981, 21:2, pp. 142-145.

This paper was first presented to the Canadian Sociology and Anthropology Association Conference, June 4-7, 1980. It reports interviews with 245 elderly persons living in a metropolitan area of Nova Scotia and ranging in age from 50 to 94. Volunteering was perceived as "work" by 13% of the women (12% of the men could not define the term). Involuntary retirees saw leisure as "freedom", others, as "enjoyment/fulfillment." Generally, in retirement the view of leisure shifts from "freedom" toward "pleasure." (3,4c,8b,9)

98. Romani, Dorothy. "Reading Interests and Needs of Older People." LIBRARY TRENDS. 1973, 21:3, pp. 390-403.

Romani uses a variety of sources for the research, "light romances with no sex, biographies, books in large print, mysteries, no science fiction and no books containing violence." The Rhode Island Department of State Library Services had 53 persons over 65 read and review books over a fourmonth period. Differences from younger adults were not marked. Romani also summarizes techniques for encouraging more reading by the elderly in St. Louis, Milwaukee, Detroit and Cleveland. Dallas started its Independent Study Project in 1971 to assist older persons to study for credit examinations at Southern Methodist University. (1b,7c,9)

99. Rubin, A.M. and Rubin, R.B. "Age, Context, and Television Use" JOURNAL OF BROADCASTING, 1981, 25:1, pp. 1-13.

In both contexts, "nonconfined" (home) and "confined" (hospital), the motivations and behavior in watching TV were studied for younger and older persons. In the hospital context: 125 patients, from 23-60 and from 62-90 years. Average stay for all was 5.1 days. In both home and hospital contexts, the main purpose was to "pass time". The younger patients watched more than the older in the hospital. One conclusion: importance of "contextual variables." (1c,8,9)

100. Schmitz-Scherzer, Reinhard. "Aging and Leisure." SOCIETY AND LEISURE. (Trois Rivières: Les Presses de L'Université du Québec) 1979, 2:2 pp. 377-393.

This essay is highly informative on the present state of knowledge about the leisure of older persons in West Germany by a foremost leisure scholar. A table lists 23 types of activities and the percent of subjects involved reveals a "surprisingly colorful palette": only six of the 23 had never been tried by 60% of interviewees. Compared to younger persons, the elderly showed a preference for light reading, arts and crafts, and keeping up on cultural and political events. About 50% of free time is spent at home; on Sundays and holidays, 27.6% of persons studied were outdoors on walks or excursions. Goals and environments for leisure, workshops, national and local policy, travel and vacations, the "determinants" of choices and the purposes of leisure counseling are discussed. (1,3,7)

101. Schmitz-Scherzer, R. and I Strodel. "Age-Dependency of Leisure-Time Activities." HUMAN DEVELOPMENT, 1971, 14, pp. 47-50.

This research report, by two psychologists at the University of Bonn, challenges the common correlation of chronological age and leisure activities. Both marketing research and their own studies suggest the greater importance of such social factors as personality traits and state of health. Statistical results are given of 55 correlations that might have demonstrated the choice of leisure activities primarily with advancing age; only 5 "significant" links are found for men and 3 for women.
(4,8,9)

102. Seguire, A.M. "Gerikinesthetics"--a Recreative Dimension of Rehabilitative Medicine." ARCHIVES OF THE FOUNDATION OF THANATOLOGY, 1979, 7:4, p. 24.

This is an abstract of paper presented at the Columbia-Presbyterian Medical Center, New York City, Nov. 9-10, 1978. The importance of recreation in geriatric medicine is stressed as a framework for movement-oriented experiences for rehabilitation of older persons. The "aging process" is an area for the study of changing psychomotor dimensions as well as kinesthetics. Recreation serves as a tool to sensitize practitioners and patients to subtle changes in advancing age.
(4c,8a)

103. Seleen, Diane R. "The Congruence Between Actual and Desired Use of Time by Older Adults: A Predictor of Life Satisfaction." THE GERONTOLOGIST, 1982, 22:1, pp.95-99.

This empirical study sought to test the hypothesis "the degree of congruence between the actual and desired time spent in activity is significantly correlated with life satisfaction in older adults." Among 205 persons attending senior citizen centers in Rhode Island, a positive connection was, indeed, found. The author concludes that those who spent time "as they wished" seemed more "satisfied" with life than those who want to change their directions. Leisure counseling, she suggests, may be useful in helping persons to bridge the gap between "real" and "ideal" use of time. A more "solid data base" is desirable, she ends, with more attention to such factors as intelligence, previous occupations and children; comparable studies are needed to reach persons who are not in senior centers.
(4e,9)

104. Stough, A.D. BRIGHTER VISTAS: CHURCH PROGRAMS FOR OLDER ADULTS. Washington, D.C.: U.S. Department of Health, Education, and Welfare, AoA, 1974.

A church program in rural Oklahoma is used as a case study for adult education, serving 700 enrollees and 30 volunteer instructors. A heavy emphasis is placed on the arts.
(1a,1b,5a,10)

105. Sunderland, Jacqueline T. (ed.). ARTS AND THE AGING: AN AGENDA FOR ACTION. Washington, D.C.: The National Council on the Aging, 1977.

These are the proceedings of a conference on arts and the elderly, held in Minneapolis, October 17-19, 1976, co-sponsored by NCOA, the Minnesota Arts Board and the Minnesota Governor's Citizens Council. Keynote papers by Michael Straight, Arthur S. Flemming and Max Kaplan. Together with Sunderland's 1973 listing, an indispensable reference on the subject.
(1a,4a,7c)

106. Sunderland, Jacqueline T. (ed.). OLDER AMERICANS AND THE ARTS: A HUMAN EQUATION. Washington, D.C.: National Center for Older Americans and the Arts and the John F. Kennedy Center for the Performing Arts, 1973.

An invaluable source on the arts and the elderly. Sunderland brings together not only a theoretical basis, such as purposes of the arts, but many examples of programs, sources of information and a bibliography. The center she heads, within NCOA, has been a mainspring of conferences and publications on arts for the elderly.
(1a,7)

107. Symposium on Meaningful Use of Free Time (organized by Robert W. Kleemeier) in SOCIAL AND PSYCHOLOGICAL ASPECTS OF AGING. Clark Tibbitts and Wilma Donahue (eds.) New York: Columbia University Press, 1962.

This symposium was part of the Social Research Division of the Fifth International Congress of Gerontology (1960). Authors include Robert Havighurst ("Nature and Values of Meaningful Free-time Activity"), Wayne Thompson and Gordon Streib ("Meaningful Activity in a Family Context"), Robert Kleemeier ("The Use and Meaning of Time in Special Settings") and Harold Wilensky ("Life Cycle, Work Situation, and Participation in Formal Associations").
(1d,4e,8,9)

108. Touchstone, W.A. "Beyond Diversions: Valuing the Needs of the Aged." NURSING HOMES, 1981, 30:3, pp. 333-363.

Activity in nursing homes often centers on parties, bingo, crafts, TV or other "mindless" preoccupations. But programs should be relevant to the social, emotional and physical needs of individuals. The elderly should be involved in planning. Programming ideals are spelled out: change of pace, community service, intellectual stimulation, etc.
(5d,7,8a)

109. U.S. Senate, Special Committee on Aging. THE NATION'S RURAL ELDERLY. Washington, D.C.: U.S. Government Printing Office, 1978.

Different locales are the focus of each of the 17 Committee hearings in 1976 and 1977. Rural elderly are heard in each hearing on a variety of problems. Recreational issues were covered in each case.
(5c,7,10)

110. Verhoven, Peter J. "Recreation and Aging," Ch. 13 in RECREATION AND SPECIAL POPULATIONS. Boston: Holbrook Press, Inc., 1972 (2nd edition).

One of the best discussions of the elderly to be found in the literature addressed to the recreation profession. After some preliminary observations of a demographic nature, the author takes up biological, medical, psychological and sociological and sociological factors affecting the leisure of the elderly.

He describes various types of recreational programs--private and public--with many specific examples in a "potpourri of programs." He concludes with principles for planning.
(4c,7c,8)

111. Ward, R.A. "The Meaning of Voluntary Association Participation to Older People". JOURNAL OF GERONTOLOGY, 1979, 34, pp. 438-445.

Ward interviewed 323 persons over 60 in rural Wisconsin. He found that the more meaningful activities were associated with feelings of achievement, creativity or helping others. Games and other "social" activities mean less.
(1f,4e,10)

112. Weiner, Andrew E. and Sharon L. Hunt. "Retirees' Perceptions of Work and Leisure Meanings." THE GERONTOLOGIST, 1981, 21:4, pp. 444-446.

In a Florida retirement community, these Kentucky scholars applied statistical tools to a problem that Havighurst, Parker, Tibbitts and others had investigated: the relationship of work to leisure values, attitudes and meanings. This study sampled 130 older men and women who formerly held unskilled labor, clerical/sales, management/ self-employed and professional positions; median annual retirement income, over \$13,000. The study sought to determine whether leisure meanings are related to compensate for psychological "deprivations" of work or to "spillover" (continuity) from values held during the work years. Preliminary results indicate that the "spillover" process does affect leisure meanings. Applying a Work-Leisure Attitude Inventory developed by Hunt, the researchers found that satisfaction in work led to satisfaction in leisure.
(4d,4e,8,9)

113. Weiss, C. "Recreation and the Rules: Effecting Change in Long-Term Care." AGING AND LEISURE LIVING, 1980, 3:1, pp. 7-10.

This is a proposal for regulations (including ones for recreational services) in licensing nursing homes. Included are definitions of activity programs, purposes, director and staff. In "purposes," differences between recreation and physical therapy are pointed out. "Life enhancement" is the primary purpose, with the residents' needs and interests in view.

"Political process" in state licensing should be known; input should be sought from professional recreational associations.
(4c,5d,7,8a)

114. QWilson, M.M. "Enhancing the lives of the Aged in a Retirement Center through a Program of Reading." EDUCATIONAL GERONTOLOGY, 1979,4:3, pp. 245-251.

Description of a 12-week "Readerama" in Athens, Georgia, for women aged 59-75. All were lifelong avid readers using the program as a social outlet. The group resisted attempts at structuring; each person read independently, meeting weekly for reports and group discussions. Aside from books, life reminiscences emerged, and current events (especially relating to violence against children). Barriers to further reading were the cost of books and magazines and the inaccessibility of the public library.
(1b,7b)

115. "Work, Leisure and Education: Toward the Goal of Creating Flexible Life Styles." THE GERONTOLOGIST, 9:4, Part II, pp. 17-36 (Prepared by Gerontological Society Committee on Research and Development Goals in Social Gerontology).

With increased free time, "the adult segment of the life cycle has become much more "open." Thus, argues this chapter in a status report, new flexibility in time use (as between work and leisure, or education and work) is available to the "common man." These positions are extended in the paper, leading to a summary of research needs: of free time use, of values in leisure, of motivations in various careers, and of personality factors in alternations between work and leisure. The sheer quantity of research that now exists since 1969 on each of these matters indicates the dramatic accumulation of interest in them.
(1b,3,4e,7c)

116. Zborowski, Mark. "Aging and Recreation." JOURNAL OF GERONTOLOGY, 1962, 17:3, pp. 302-309.

Like other authors listed in this bibliography, (see Cunningham ET AL), Zborowski finds little support for the "disengagement" as it relates to the persistence of leisure activities. Social pressures or physiological limitations may affect the choices of older persons, "but the general tendency is in the direction of retaining the patterns of living which have been developed in the past." In this study more than 200 persons over 50 were asked to compare present activities with those they pursued at the age explaining leisure preferences.
(1,4e,8,9)

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